

Cogworx Cognition and Focus Week 16 Session

1. Day/Date ___/___
2. **Days/Weeks Used** ___/___, **Days/Weeks Left** ___/___
3. Joke du Jour
Two priests are standing by the side of the road holding up a sign that reads, "The End is Near!" Turn yourself around now before it's too late!" They plan to hold up the sign to each passing car.
"Leave us alone, you religious nuts!" yells the first driver as he speeds by. From around the curve the priests hear screeching tires and a big splash.
"Do you think," one priest says to the other, "it would be better to shorten the sign to "Bridge Out" instead?"
4. **History Trivia:** ___/___
5. **Deep Breathing Exercise #8:** Vowel Breathing
6. **Standing Exercise #1:** Sit to Stand (if appropriate)
7. **Toe Tapping Activity:** "Non-Stop Flight", Artie Shaw, 1953
 - a. **Cognition and Focus PPT's:** Exercise: Jive Toe Tapping 4 PPT
8. **Stand to Sit** (if appropriate)
9. **Cognition PPT's:** Memory LT: Your Just Desserts PPT
10. **Worksheet:** Finish the Children's Rhyme
11. **Cognition PPT's:** Memory ST: Little Shape, Big Shape PPT
12. **Worksheets:** Words with Air
13. **History Trivia: Recall**
 - a. Who, What, When, Where?
 - b. Provide a multiple choice or T/F option
14. **Standing Exercise #1:** Sit to Stand (if appropriate)
15. **Music Memory Activity:**
"Blueberry Hill" (5) Fats Domino, 1956