**Sample Size Justification.**

Based on the results for the overall cognitive composite score change recorded in Phase I, we used DSS research statistical power calculator for a one-tailed test with alpha level at 0.025. That calculation indicated that we will have 93.1% power to test group difference at immediate post training with 132 participants (66 in Cognitive Training, CT and 66 in Active Control, AC). Additionally, given the nature of the study, we anticipate some participant attrition. In intervention research studies conducted earlier by our teams in older adults (including our Phase 1 study), attrition rates are consistently well below 20%. Assuming that there are 52 participants in CT and AC at 6-months post training after 20% attrition, we would still have 86.4% power to test group difference at 6-months follow-up.