



Reading Text

- Reading the newspaper
- Reading the mail
- Reading to grandchildren

Numeracy

- Keeping track of bowling scores
- Budgeting income
- Determining food cost

Document Use

- Filling out forms
- Reading recipes
- Interpreting traffic signs

Writing

- Writing cheques
- Writing letters to friends and family
- Writing shopping lists

Computer Use

- Emailing family and friends
- Looking at pictures online
- Using an ATM
- Using a cell phone

Oral Communication

- Talking to friends at social gatherings
- Resolving conflict with neighbours
- Telling memories to grandchildren

Thinking Skills

- Planning trips
- Analyzing political platforms and making decisions

Working with Others

- Joining a community program
- Establishing a relationship with health care providers
- Dancing

Continuous Learning

- Volunteering
- Joining new clubs
- Keeping up with advancing technology