A Member's Day on Capitol Hill

For Members of Congress, the day begins early. Every day is a little different. Every day Members meet people and talk about problems facing the nation.

**Breakfast: 7:30 AM**
Breakfast with other Members or voters.

**Capitol Hill Office: 9 to 10 AM**
Meet with staff and read the mail. Go over the things to do that day. Meet or talk on the phone with people.

**Committee Meetings:**
**10 AM to Noon**
Members go to their Committees and work on Bills (new laws or changes in old laws.) There are 23 Committees in the Senate and 21 in the House. A Committee is a group of people who work on one kind of problem.

**On the Floor of the House or Senate: Noon to 5 PM**
In the picture on the left, Representatives meet in the House chamber (room) in the Capitol. Senators meet in the Senate chamber. Members talk about new Bills. (Do the maze on page 9 and have fun learning about how a Bill passes Congress.)

**Work Group: 5 PM to 6 PM**
Members learn what other Committees are doing. They find new ways to work with other Members.

**Meetings and Dinner: 6 PM and Beyond**
Members like to go to large events to meet and talk to people. Members also like charity parties.

**Bedtime: 11:30 PM?**
Sometimes Members work long after you have gone to bed.