

# 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.

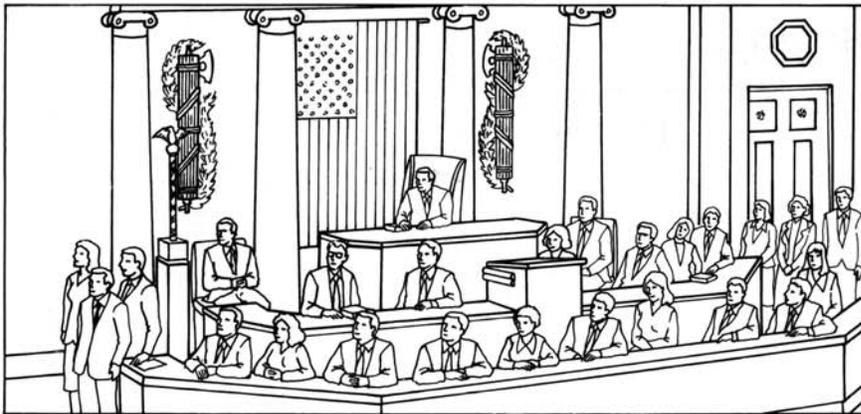


## Committee Meetings:

### 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.