



Read the following text. Then do the exercises below.

### A DAY IN THE LIFE OF A SOCIAL WORKER AT THE ELDERLY CENTRE

Meet Sarah, a dedicated social worker at the Sunshine Senior Care Centre. Her day starts early at 8 a.m. First, she warmly greets the elderly residents as they gather in the communal area for breakfast. Sarah helps them settle down, ensuring everyone has a nutritious meal to start their day.

After breakfast, Sarah organizes activities to keep the seniors engaged. Today, they're enjoying a gentle exercise session, led by a fitness instructor. Sarah joins in, encouraging residents to stretch and move. Laughter fills the room as they share stories and memories.

Later, Sarah facilitates a craft session, providing materials for the seniors to express their creativity. The room buzzes with excitement as they paint, draw, and create beautiful artworks. This not only enhances their motor skills but also fosters a sense of accomplishment.

In the afternoon, Sarah arranges for a volunteer musician to perform soothing melodies for the residents. Music has a magical way of bringing joy and unlocking memories. Sarah observes the residents tapping their feet and humming along, creating a harmonious atmosphere.

Towards the end of the day, Sarah sits down with some residents for a friendly chat. She listens attentively to their stories, offering companionship and emotional support. This personal connection is crucial for the well-being of the seniors.

As the day concludes at 5 p.m., Sarah reflects on the fulfilling moments she shared with the elderly. Her role as a social worker is not just a job but a calling to make a positive impact on the lives of those in her care.

*\*gather: reunirse*

*\*led by: dirigido por*

*\*accomplishment: logro*

*\*shooting: relajante, calmante*

**Activity 1.** Read the following sentences and say if they are *true* or *false* according to the information in the text:

1. Sarah starts her day at the Sunshine Senior Care Centre at 10 a.m. ....
2. The elderly residents at the centre have a craft session in the morning. ....
3. The fitness session is led by Sarah. ....
4. The music performance is arranged by a volunteer musician. ....
5. Sarah believes her job is just a routine and not impactful. ....

**Activity 2.** Read the following questions and choose the correct answer based on the text.

1. What time does Sarah start her day at the Sunshine Senior Care Centre?

- a. 7 a.m.
- b. 8 a. m.
- c. 10 a. m.

2. What activity does Sarah organize after breakfast?

- a. Movie screening
- b. Shopping trip
- c. Gentle exercise session

3. Who leads the craft session at the centre?

- a. Sarah
- b. Fitness instructor
- c. Residents themselves

4. What is the purpose of the music performance?

- a. To soothe and entertain the residents
- b. To create a noisy environment
- c. To test the residents' hearing abilities

5. How does Sarah view her role as a social worker?

- a. Just a job
- b. A routine task
- c. A vocation to make a positive impact