



# Ambassador Club Chronicle

January 2024 - February 2024

## VALENTINES BINGO PARTIES

Members and their guests are cordially invited to attend Ambassador Club Valentines Day Parties to be held at the following locations

### CHEYENNE

**When:** TBD  
**Time:** TBD PM  
**Where:** TBD  
**Cost:** TBD  
**RSVP:** TBD  
Sharna - 307.778.0021

### SCOTTSBLUFF

**When:** Friday, February 9<sup>th</sup>  
**Time:** 2:00 PM  
**Where:** Scottsbluff Country Club - 5014 Ave  
**Cost:** \$5.00 - Payable at door  
**RSVP:** By Friday, February 2<sup>nd</sup>  
Kirsten 308.633.9312

### TORRINGTON

**When:** Thursday, February 8<sup>th</sup>  
**Time:** 9:30-11 AM  
**Where:** PVB Community Room  
2201 Main Street  
**RSVP:** By Monday, February 5<sup>th</sup>  
Jan Robertson 307.532.2111

### SIDNEY

**When:** Tuesday, February 13<sup>th</sup>  
**Time:** 1-3:30 PM  
**Where:** Western NE Community  
College - 371 S College Dr  
**RSVP:** By Wednesday, February 7<sup>th</sup>  
Ann or Sandy 308.254.5536

### WHEATLAND

**When:** Thursday, February 8<sup>th</sup>  
**Time:** 9:00 AM  
**Where:** PVB Community Room  
200 16th Street  
**RSVP:** By Monday, February 5<sup>th</sup>  
Michelle Bland 307.322.9215

## RED VELVET CAKE DIP

### INGREDIENTS

- 8oz Whipped Topping
- 15oz Box Red Velvet Cake Mix
- 8oz Cream Cheese
- 1.4 Cup Milk
- Cookies & Strawberries (for dunking)
- Sprinkles (optional)

### INSTRUCTIONS

- In a large mixing bowl heat red velvet cake mix for 1 minute 30 seconds in the microwave to heat treat the flour.
- Combine whipped topping, cream cheese & milk with the heated red velvet cake mix.
- Mix well.
- Serve with sprinkles, cookies & strawberries



# RESOLUTIONS



## 1. Eat more nutritious foods

- Adding more nutrient-dense foods to your diet can help you feel better and have more energy!

## 2. Move joyfully

- Find a method of movement or exercise that you truly enjoy, and incorporate it into your daily habits. Physical activity supports heart health, strengthens joints, and reduces the risk of injury from falls.

## 3. Learn something new

- Have something you've always wanted to learn? Whether it is an instrument, language, hobby, or something else entirely, take the time to learn it and broaden your horizons!

## 4. Make new friends, or spend more time with old ones

- Feeling lonely and isolated actually has serious health concerns, and can increase the risk of heart attack and stroke the same amount as smoking. So get out there and make some new friends, or stay in contact with old friends this year!

## 5. Organize your life

- Whether it's just cleaning out the garage, or setting up a will, set time aside this year to organize part of your life!

## 6. Sleep Better

- Find solutions to sleep problems you may have and get more rest this upcoming year.

## 7. Stay Creative

- Find a creative outlet for your mind this year! It could be a new form of art, or an old hobby, but creativity is important for brain function, so prioritize it as much as you can!

## 8. Preserve your life story

- Your grandchildren will want to know about your life, so memorialize your story! Make a scrapbook, make a video, or write a memoir about your life.

## 9. Learn new technology

- Keeping up with technology is a great way to stay in contact with people.

## 10. Be more authentic

- Be your most authentic self, let people know how you feel! What do you have to lose?



# JOIN US AT OUR EVENTS!

We put on a ton of fun events for our Ambassador's Club, and we want to see you there! All members are welcome, and there's something for everyone.

We host Bingo, Pinochle, Bridge, Movies, Educational Seminars, and Holiday Parties, and we take some pretty amazing trips as well! Events vary by location, but reach out to your contact to get involved!

## SCOTTSBLUFF

Jan 8	Pinochle*	1-4 PM
Jan 22	Bridge*	1-4 PM
Jan 23	Movie	1:30 PM
Feb 5	Pinochle	1-4 PM
Feb 9	Valentines Bingo	2 PM
Feb 26	Bridge	1-4 PM
Feb 27	Movie	1:30 PM

## TORRINGTON

**\*No Jan Events\***

Feb 9	Valentines Bingo	2 PM
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## WHEATLAND

Jan 11	Bingo	9 AM
Jan 25	Movie	3 PM
Feb 8	Valentines Bingo	9 AM
Feb 22	Movie	3 PM

## CHEYENNE

Jan	Bingo	TBD
Jan 18	Movie	9 AM
Feb	Valentines Bingo	TBD
Feb 15	Movie	9 AM

## SIDNEY

**\*No Jan Events\***

Feb 13	Valentines Bingo	1 PM
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**\*One Week Late**

### Door Times for Movies

Scottsbluff	- 12:45 PM
Wheatland	- 2:30 PM
Cheyenne	- 8:30 AM



## YOUR CONTACTS

### SCOTTSBLUFF (308) 632-7004

Jill Allen Director  
Kirsten Saldivar Assistant

### BRIDGEPORT (308) 262-2100

Mindy Ramirez Assistant

### MORRILL (308) 247-8009

Scarlet Driver Assistant

### SIDNEY (308) 254-5536

Ann McElroy Assistant  
Sandy Sanders Assistant

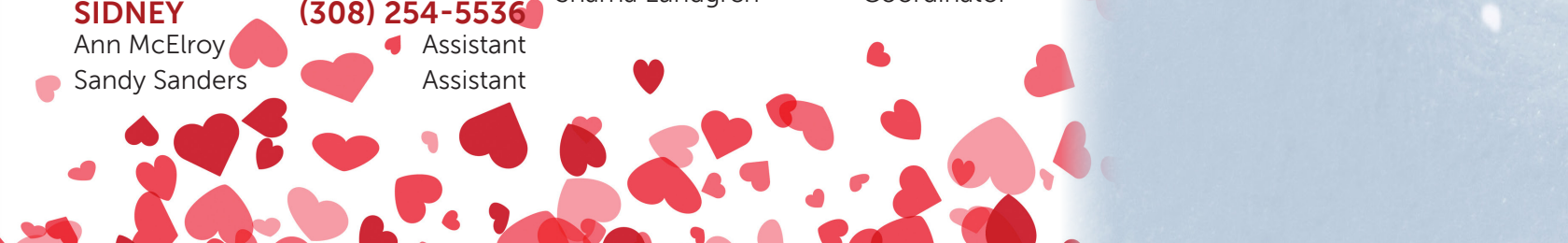
### TORRINGTON (307) 532-2111

### WHEATLAND (307) 322-9215

Michelle Bland Coordinator

### CHEYENNE

Vandehei Ave. (307) 778-0021  
College Drive (307) 638-0027  
Sharna Lundgren Coordinator



Platte Valley Bank  
Ambassador Club  
P.O. Box 2308  
1212 Circle Drive  
Scottsbluff, NE 69363-2308

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**JILL ALLEN**  
Ambassador Club Director

***"Love doesn't make the world go round. Love is what makes the ride worthwhile."***  
**Franklin P Jones**

*Happy 2024!! Thanks for the great memories and fun in 2023. We are ready to kick off another year full steam ahead!*

*Join us for Valentine Bingo parties in February! Even if your not normally a Bingo player, you won't want to miss out on the fun! You are welcome to attend events in other locations as well as where you live. We currently have clubs*



**Platte Valley Bank**  
Member FDIC

**Ambassador Club Chronicle**  
**January 2024 - February 2024**

*in the following towns: Scottsbluff & Sidney Nebraska, and Cheyenne, Torrington, and Wheatland Wyoming.*

*Thank you to everyone that is referring family and friends to bank with Platte Valley Companies and to join Ambassador club. We love having new customers and making new friends with all of you.*

*Please take a moment this year to make sure we have your most updated address, email address, and phone numbers for you.*

*We are looking forward to another great year together! Thank you!*