

SPRING CLEANING

Springtime is a common time for us to reset and de-clutter. Here are a few helpful tips to help jump-start your spring cleaning.

1. **Work in small chunks of time**
 - Seeing a big cleaning project can be daunting. If you're unsure where to start, just start with anything! Something is always better than nothing, so take it one small step at a time!
2. **Make getting rid of clutter a priority**
 - De-cluttering helps free up space, and even decrease stress! Ask a friend or family member to help you sort clutter into one of three categories, Keep, Donate, or Trash.
3. **Leave the heavy lifting to someone else**
 - Prevent injuries by avoiding attempting to lift heavy objects or furniture on your own. Make sure you're safe when you're cleaning! Enlist friends or family to help you move the big stuff!
4. **Check your medicine cabinets**
 - Make sure you're checking expiration dates on all your medications, both prescription and over the counter. If you find any medications that are expired, or you no longer need, dispose of them properly.
5. **Don't forget your detectors**
 - Ensure you're checking your smoke and carbon dioxide detectors to make sure you're keeping yourself safe from serious harm. Fresh batteries in all your detectors will ensure they're working properly.

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Ambassador Club Chronicle

March 2024 - April 2024

SPRING EVENTS

Members and their guests are cordially invited to attend Ambassador Club Spring Events to be held at the following locations

TORRINGTON

Mock Kentucky Derby

When: Thursday, April 25th

Time: 9:30 AM

Where: PVB Community Room

2201 Main Street

RSVP: Tuesday, April 16th

Brittney 308.778.0021

CHEYENNE

Spring Bee Event

When: Wednesday, April 24th

Time: 1:00 PM

Where: PVB Community Room

RSVP: Monday, April 15th

Sharna 308.778.0021

**Spring Events for
Scottsbluff, Sidney, and
Wheatland will be
held in May**



Platte Valley Bank
Member FDIC

Ambassador Club Chronicle

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JILL ALLEN
Ambassador Club Director

*"To plant a garden is to believe in tomorrow."
-Audrey Hepburn*

We are so excited for spring to approach and to kickoff spring with some fun activities. Please stay tuned as each location will either have a fun-filled event in April or May.

We are trying out new formats for our newsletter so things might look a little

different as we experiment with what works best.

I also realize it's hard sometimes to find out the best way to capture what is going on in our locations.

If you are a social media user, I encourage you to follow our Platte Valley Bank facebook page. We post about several of our activities on that page.

Thanks again for being customers and Ambassador Club members!

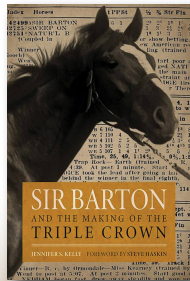
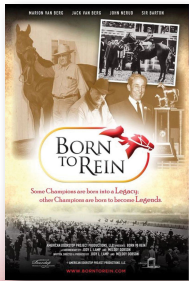
We appreciate you and can't wait to see you soon.

— In place of monthly Scottsbluff Movie —
**150th Celebration for 150
 Years of Kentucky Derby**

April 24 • 10:00 AM

**PVC Performing Art Center at WNCC
 Free for Ambassador Club Members
 and their guest!**

Join us for the National Legacy Authors
 Tour, where the documentary "Born
 to Rein" will be shown, followed by a
 Q & A with authors from the book
 "Sir Barton and Making of the Triple
 Crown"! Light snacks to follow.



Mock Kentucky Derby Event

April 25 • 9:30 AM

Torrington Community Room

Have you ever wanted to experience
 the fun of the Kentucky Derby? Come
 by Torrington's Mock Kentucky Derby
 Event! Join us for hat making,
 Derby themed snacks, and a
 whole lot of fun!



YOUR CALENDAR

SCOTTSBLUFF

Mar 4	Pinochle	1-4 PM
Mar 18	Bridge	1-4 PM
Mar 26	Movie	1:30 PM
April 1	Pinochle	1-4 PM
April 15	Bridge	2 PM
April 24	150th KD Event*	10 AM

At WNCC Theater, No Midwest Movie

TORRINGTON

No March Events

April 25	Spring Event	9:30 AM
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WHEATLAND

Mar 14	Bingo	9 AM
Mar 28	Movie	3 PM
April 11	Bingo	9 AM
April 25	Movie	3 PM

CHEYENNE

Mar 6	Bingo	2 PM
Mar 21	Movie	9 AM
April 10	Bingo	2 PM
April 18	Movie	9 AM
April 24	Spring Event	1 PM

SIDNEY

No March/April Events

Door Times for Movies

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

YOUR CONTACTS

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