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Dayton: 655-9419
Ranchester: 655-9191
www.trvcc.org
PO Box 1100
Dayton, WY

Winter 2021 News

Stay informed!! There is always something happening at TRVCC!
Follow us on Facebook and Instagram and check out our web-site:

To: Community Member

Wow! We have all just lived through a little piece of history. I often think about the conversations that will happen in about twenty years as we tell our grandkids or listen to our kids tell their kids all about the COVID-19 Pandemic. And while they will all be different conversations, there will be one thing I think that will be consistent – we endured it and we made it through. My heart goes out to those who have lost loved ones to COVID-19 – those stories will be especially heart-breaking. It is easy for me to write this story about our community because we haven't been hit as hard as some of our major cities and communities and I haven't had to serve on the front line as a nurse or a doctor, so for some, a feel good story like this might not feel so good. THANK YOU to all those front line workers!

I am thankful for this community. There have been so many people who have stepped up and given a helping hand to many. In this pandemic, the TR Valley is still thriving. What makes a community thrive? People – in a thriving community people feel cared for, acknowledged, and yearn to give back to their community. The community becomes resilient to unsettled outside forces and responsive to the needs of its members. TR Valley, we have done that. School has been in-person and our businesses have stayed open and gone above and beyond to serve us. Our two Community Centers have opened their doors to people for exercise, recreation, and socialization during these weird times. TRVCC was able to help over 50 families for COVID-19 relief because of so many giving people. It's exciting to see natural gas come in to our community, fiber optics, an ice rink, and the work of a potential pathway between Dayton and Ranchester. Things like this take a vision and I am thankful for the many people who have this shared vision to make TR Valley a great place to live, work, and raise happy, healthy kids. There is so much to be grateful and thankful for in times like this. We will endure and we will overcome.

"For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us" – Romans 8:18

We look forward to seeing everyone for exercise, recreation, and socialization in 2021! Merry Christmas and Happy New year!

Erin Kilbride, TRVCC Executive Director



TR Holiday Food Drive

Thanks to community support we were able to provide holiday food boxes to 60 families in our Tongue River Valley this year! Thanks to everyone who donated and gave their time!

THANK YOU to these LOCAL businesses for sponsoring the newsletter! Enjoy LOCAL!

Rappleye's 'Rithmetic
"It all adds up..."

- 1040 tax return preparations
- Representation before the IRS
- Payroll services

53 Kelly Lane, Dayton
907-612-0814

Su Rappleye, EA

ELK-POINT
CONTRACTING

Mark Stutzman—Owner
307-752-4986
SNOW REMOVAL

* EXCAVATION * SEPTIC SYSTEMS * MATERIAL HAULING *

ROBBINS
Dermatology P.C.

Amber Robbins, M.D.

206 N. Brooks St.
Sheridan, WY 82801
Phone (307) 672-8941
Fax (307) 672-7461



**MERRY CHRISTMAS
AND HAPPY NEW
YEAR FROM ALL OF
US AT TRVCC!**

Valley Meat Co.
Where We Take Pride in What We Do
Darrell & Wendy Bocek

(307) 655-2551

P.O. Box 538
297 Hwy 343
Dayton, WY 82836

Custom - Retail - Wild Game
Custom Slaughter & Processing
Homemade Sausages

NEW CHECK IN SYSTEM

TRVCC is transitioning to a new member database that will have an updated scan check-in system!

Please stop at the front desk to get your key tags. Every member of your family should get their own key tag for check-in purposes.

Happy Holidays!
Here's to a Healthy New Year!

Chris' Ditching Service

CDS

EXCAVATION, LLC
Chris Scharen, Owner

Dayton, WY
307-655-9837 307-751-8527

HOME CARE

Compassionate Home Care
It's what we do

Servicing Sheridan County
Licensed and Bonded

Services Include:

- Homemaking
- Personal Care
- Companion Services
- Community Support Services
- Individual Habitational Services
- Errand/Shopping Support

For Information Call Mary: 307-751-9363
www.compassionatehcwy.com

Dog Paw Pottery Barbara Gail Sellar

815 Main Street
Dayton, WY 82836
307/655-9837

dogpawpots@hotmail.com

2020 Holiday Hours
*Regular hours unless noted

Dec. 24 & 25: CLOSED
Dec. 31: 9am—4pm
Jan. 1, 2020: CLOSED

Winter 2021 Hours:

RANCHESTER	DAYTON
Monday—Thursday: 9am—7pm Friday: 9am—3pm Closed Weekends— Key Card entry available for members	Monday—Thursday: 9am—8pm Friday: 9am—6pm Saturday: 11am—4pm Sunday: 1pm—5pm

Active Middle School Students

Are you a middle school parent? If you answered yes, you have probably asked yourself what activities does TRVCC offer for my child? While TRVCC strives to serve participants of all ages, the middle school age range has been a challenge to reach. For this reason, our staff has made it a goal to increase middle school offerings. In addition to our typical middle school nights, we will now offer a middle school program each month on the second Thursday. While social time will be incorporated into the evening, our staff will also organize a theme each month so students can engage in different activities. Some of the options we are looking into are: Escape room challenge, Bowling trip to Sheridan, Bingo night at our center, Technology nights at our center. Each of these nights will be held from 6:00 to 8:00 pm. To help us grow and flourish this program we are seeking feedback from students and parents. Please participate in our upcoming survey in January 2021. In the meantime, mark your calendars for these upcoming middle school events:

- Thurs., Jan. 14--Middle School Night, (TRVCC Ranchester) Food, Fun & Games
- Thurs., Jan. 28--Middle school GIRLS NIGHT (TRVCC Dayton)
- Thurs., Feb. 11--Middle School Night, (TRVCC Ranchester) Food, Fun & Games
- Thurs., Mar. 11--Middle School Night, (TRVCC Ranchester) Food, Fun & Games
- Fri., March 19---Middle School Spring Break Activity
- Thurs., Apr. 8--Middle School Night, (TRVCC Ranchester) Food, Fun & Games
- Thursday May 13--Middle School Night, (TRVCC Ranchester) Food, Fun & Games



2020 Girls Night

Tongue River Valley Community Center is also working with The Wyoming After-school Alliance to share The Wyoming Young Entrepreneur Pitch Challenge. This is an opportunity for youth ages 6 -- 18 to gain life skills and contribute to their community by developing a product, business, or social solution that could make a difference in their community or in Wyoming.

TRVCC youth program staff will host an information meeting: Wednesday, December 30, at TRVCC Ranchester from 1:00pm to 2:00 pm at TRVCC Ranchester for anyone interested in more information about the Pitch Challenge. This program is a great opportunity for middle school age students to grow critical thinking, social skills and much more. ~ Tanya McCoy Afterschool Program Coordinator

Fitness First

Emilee Stanton, TRVCC Member
Amber Miles, TRVCC Personal trainer

Emily expresses, "I started working out in October 2019 when the Ranchester Center was in the new building. I was tired of hating the way I looked and having lower back issues. I took TRX as my first class with Amber, I picked her brain on a few of the basics. I could barely make it 10 minutes on the elliptical and wouldn't get on a treadmill. Finally after taking a few more classes and talking with Amber about her personal training, it was too reasonable to turn down. I am happy I made that decision!! Amber has helped me so much; pushes me when I don't think I can do another repetition and giving me nutrition advice even when I don't want it! Ha! I love the accountability that the classes and personal trainer give me. I'm still a work in progress but I am better than I was!" Emilee Stanton



Emilee's transformation

Emilee has overcome so much since the first day of that TRX class and her first personal training session to now. She can go longer than 10 minutes on the elliptical and will even get on the treadmill. She will ride the bike up to 12 miles if not more and shares her workouts with me if we aren't working out together. She has come a long way and continues to work hard. Emilee has gained so much from her continued fitness lifestyle. She continues to establish her confidence and wellbeing. She looks great and feels so much better when she is working out.

Congratulations to Amber! Amber received her Elite Trainer certification with the International Sport Science Association this fall. Becoming an Elite trainer means she is a certified personal trainer with two specialized certifications. Amber is a specialist in sports nutrition and senior fitness. She is currently working on her Master Trainer Certification which means more specialized certifications. Amber has started this process and is working on corrective exercise now. Amber says, "To me it's important to continue to learn and grow to become more educated and a better trainer". We appreciate Amber's dedication to her studies and her community.



STRING ART



Gnome painting!



WOOD SIGN CLASS!



BEADING CLASS

ARTS & CRAFTS

Beading Class with Eva

Jan. 9, Feb 13, Mar. 13, Apr. 10, & May 8
10am-1pm at TRVCC Dayton
\$45 per person includes all supplies & instruction

Crochet Club

Come crochet at the Dayton Center the first Wednesday of the month at 1pm beginning January 6

Sketch & Sip w/Sonja

February 5 and April 23
Sonja's fun class is back! Watch for more details.

Wood Sign Class

March 19: Porch Sign Class

Abstract Art w/Amber

May 7: Fun Art with Mom
A fun activity to do with mom at the beginning of Mother's Day weekend!

Keep an eye on trvcc.org for details about all of our programs!



SENIOR MOUNTAIN TRIP



Itty Bitty Activities



Turkey Trot!



Monster Dash 5K



Taking Time to Invest in Yourself and in Something that Make the Entire Community Healthy!

“You don’t find the time, you take the time, a little prevention goes a long way,” Sam Scott waxes poetically. Sam’s experiences with the TRVCC have multiplied over the past year and a half. “I used to just come up to the Center to drop off paperwork and checks.” Sam states. “I never could find the time to come in and use the facility.” But then Sam started having back problems. After a few visits to a chiropractor that didn’t solve the issue, Sam started seeing Lisa Stutzman at Active Balance Physical Therapy whose office is in the TRVCC Dayton weight room. Sam decided at that point to “take the time” and started seeing Lisa three times a week, which transitioned into working with TRVCC Personal Trainer Amber Miles. Sam worked with Amber one to two times per week for about three months. In August, Sam decided that Monday, Wednesday, and Friday mornings worked best for him, and he used the workouts that Amber had provided to be accountable to himself. We see Sam at least three days a week in the weight room, and on Wednesdays, he stops by after his workout to share some stories and socialize with the pool players. “TRVCC is such an asset in the community, that you have to support it,” Sam says. We are glad that you are taking the time to spend it on yourself and with us, Sam. - Chad Aksamit, TRVCC Program Director



Sam & Jack converse after lunch

Winter Fitness Calendar

Class	Monday	Tuesday	Wednesday	Thursday	Friday
DAYTON CENTER CLASSES					
Boot Camp		5:45am			5:45am
HIIT Class	#8:30am			#8:30am	
Strong 30			#8:30am		
Senior Stretch & Strength	9:00am		9:00am		9:00am
Spinning			5:45am		
Circuit Blast			5:30pm		9:00am
Yoga/Pilates	Foundation Yoga 5:30pm			Barre Pilates 5:45am	
LiIT Class (Low impact interval Training)		#9:00am			
Hip Hop Dance Remix Class				6:30pm	
RANCHESTER CENTER CLASSES					
Beginning Weights		9:00am			
TRX			9:00am		
Body Balance	9:00am				
LiIT Class				9:00am	
Stretch & Flex					8:00am
Hip Hop Dance Remix Class	5:30 pm				

Jump into 2021 Fitness Challenge

Begins Jan. 18

Let's start off the New Year with intention!

Three Challenges to choose from

1. Walk/Run to Mt. Rushmore
2. Health Improvement/Weight Loss Challenge
3. Couch to 10K Program

Members: \$25

Non-members: \$35

Multiple prizes will be awarded including a TRVCC Membership, Fitness Trackers, TRVCC Swag, and cash prizes!

Go to trvcc.org for more details!



CLIMBING!



GARDEN CLUB

2020 FUN



CHEESE MAKING!



ART



STAY INFORMED! FIND US ON FACEBOOK, INSTAGRAM & OUR WEBPAGE TRVCC.ORG

All fitness classes are FREE with membership

SATURDAY SWEAT



A fun extra way to get that workout in for the weekend!

When: Every Saturday beginning Jan. 9, 8:00am

Where: TRVCC Dayton Gym.

Our fitness instructors will be rotating through to give a variety of workout options through the winter months.

VALLEY 5K SERIES

Valley Winter 5K Series:

1/9 New Year, New Me Run, Dayton, 10am

2/13 Cupid's Chase, Ranchester, 10am

3/13 Leprechaun Leap, Dayton, 10am

These races start at 10 am

Valley Summer 5K Series

4/10 Ranchester Railway 5k, Ranchester, 8am

5/8 Mother's Day 5K & Brunch, Dayton, 8am

6/12 Kickoff Summer 5K, Ranchester, 6pm

7/16 Firecracker 5k, Dayton

8/13 Back to School Dash,



Pickleball at the Dayton Center

- Monday & Wednesday morning at 9:30am
- Tuesday nights competitive night at 7:00pm

Sam Cross Memorial Pickleball Tournament

Saturday, March 27



BASKETBALL LEAGUES

For men & women

Register by Mar. 15

Games begin Mar. 22

\$125/team

Youth Programs

Friday Enrichment Camps

Friday Enrichment Camps are designed to engage youth grades 2-5 in structured fun, active and educational activities. Most FEC run from 9:00am-4:00pm at Dayton Center. Cost is \$10 for members or \$15 for non-members

- Jan 15: Goals & Ice Skating
- Jan 22: Cross Country Ski Day
- Jan 29: Sherriff's Office Tour
- Feb 5: Sheridan Media Tour
- Feb 12: Valentines for Seniors
- Feb 19: Astronomy
- Feb 26: Kings Saddlery & Leather Stamping
- Mar 5: Seed Starting & Gardening
- Mar 12: YMCA Trip
- Mar 26: Paint & Smoothie Sip
- Apr 9: Spring Celebration
- Apr 16: Community Service Day
- Apr 23: Earth Day Celebration
- Apr 30: Tropical Exploration
- May 7: Bug Safari
- May 14: Energy, Where Does it Come From
- May 21: Zoo Montana



Students visit with Sherriff Deputy Hill



Afterschool Clubs

At TRVCC Ranchester from 4:30-6:00pm

- Jan 21-Feb. 11: LEGO Club
- Feb, 18-Mar. 11: Creative Writing Club
- Apr. 1-Apr. 22: Tech/Coding Club
- Apr. 29-May 20: Art Club



Spring Break Camp: Mar 16-19

Explorer Camp Grades 2-5

Easter Egg Hunt

April 3-9:30 am SHARP at the



Other Youth Programs

ITTY BITTY ACTIVITIES—Ages 4 & 5

- Basketball: Jan 12-Jan 26
- Sports Development: Feb 2-Feb 16
- Soccer: Feb 23-Mar 9
- Singing: Apr 6-Apr 27
- Science: May 4-May 25



Eagle 3 on 3 Basketball League:

Jan 12-Feb 2 grades 3-5

Eagle 4 on 4 Soccer:

Feb 9-Mar 2 grades 3-5

Run Girl Run Feb. 23-May 5: grades 4-8

SNAG, Starting New At Golf : ages 8-88

Apr 30-May 21:

Tae Kwon Do

At TRVCC Ranchester

Monday,
Tuesday &
Wednesday
4:15-5:30pm,
check out
trvcc.org for
more
information



Daddy/Daughter Ball

Apr. 23



So Much Good During These Challenging Times

I like to think of myself as a Pollyanna type of person. In case you have forgotten, Pollyanna was a young girl who played the glad game and was always able to see the positive side of just about every situation. She saw positives from crusty old gentlemen; she looked past grumpiness and even found rainbows in pieces of glass. I like to think I can play the glad game as well... (Maybe 90 percent of the time!) It has been a challenging few months, but I can't call it bad, terrible, or unhappy times. I like to see it as different!

For instance, when the shut-down hit and TRVCC was closed, we installed new floors and did a super clean of the facilities. The Hub has been shut down, but think of the new HVAC system we will enjoy after reopening! Hub congregate meals have been closed, but think of all those wonderful volunteers that stepped up to deliver all those extra Home Delivered Meal's in town! Out here in the Valley, we have reached out to each other and are really taking care of our neighbors. I see the friends that come for meals at the TRVCC and to play pool. We are so blessed we can still congregate, even though it looks a little different.

Research shows that Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity. In these different times we can still get social interaction, a nutritious meal and social interaction at TRVCC. Everyone is very conscientious about keeping themselves healthy to protect others. The TRVCC staff are going the extra mile to keep activities going while they keep us safe. Masks aren't fun, but people are caring enough to wear them (that is why we are still open, so "Thank You"). What I am trying to say is that this is our 'new normal'. We can choose to look at the world thru smudged glasses or see the rainbows that are there ...if we choose to see them. As my 103-year-old mother tells me, "we'll either get through this, or we won't!" For myself, I am still going to play the glad game, choose rainbows and give you a big smile behind my stylish masks...I hope you see rainbows too!

By: Robin Ruff, The Hub, TRV Coordinator



Pinochle with friends!



SENIOR ADULTS

BILLIARDS

Tournaments Wednesday mornings at 9:00am.
Practice games Monday & Thursday mornings at 9:00am.

Senior Dart League

We are excited to begin a Dart League for senior adults. League will be Tuesdays beginning February 2 at 10:00am at the Dayton Center. Please let us know if you are interested!

Senior Trips

- Jan. 20: Lunch at Parkman, 11:00am
- Feb. 17: Lunch in Sheridan, Shabby Shack Eatery at 11:30am
- Mar. 10: Luminous Brewery Tour
- Apr. 21: TBA
- May 19: TBA



BINGO!!

BINGO is currently planned at the Ranchester Center for the following dates!
Jan. 22, Feb. 19, Mar. 12, Apr. 9

Card Playing



Tuesdays—Dayton @ 12:45pm Cribbage
Wednesdays—Dayton @ 12:00pm Pinochle
Thursdays—Ranchester @ 12:00pm Cribbage

Transportation

Transportation is available for everyone!
From the Tongue River Valley to Sheridan
Monday—Friday
8:00 am—4:00 pm
Reservations Required 672-2240

Meals

Nutritious & Affordable
Meals are served at noon at the Dayton Center
Monday—Friday @ TRVCC Dayton



FIRST CHAIR YOUTH SKI PROGRAM

TRVCC & Antelope Butte are teaming up to bring Alpine Skiing to our TR 4th & 5th grade students for two sessions!

\$100/session includes five, 90 minute lessons, equipment rental, & season pass to ski AB

Session 1: Jan. 15, 22, 29, Feb. 5 & 12

Session 2: Feb 26, Mar. 5, 12, 26, and Apr. 2

This is a beginner program

Call 655-9419 to sign up or go to trvcc.org

SCHOLARSHIPS ARE AVAILABLE! CONTACT ERIN AT TRVCC DAYTON!

