



Wray Rehabilitation & Activities Center

[www.wracofwray.org](http://www.wracofwray.org)

# WRAC Wrattler

Quarterly

April 2025

## Our Sincerest Gratitude *TO BOARD MEMBER* Marty Greek

On behalf of  
the WRAC  
community,  
we thank you  
for your  
dedication and  
service of  
seven years to  
the WRAC  
Board of  
Directors.



We express  
our deepest  
appreciation  
for your  
selfless service  
and the  
integral role  
you played in  
our  
organization's  
journey.

### WRAC

#### Annual Birthday Celebration

Balloon popping ALL DAY for annual  
membership discounts- 5% all the way to a  
free membership!!

No other discounts may be applied.

*1st payment due today.*

Friday,  
April  
11th

5:00am-  
7:00pm

#### Memory Tree Rededication

Friday, April 11th, 2025  
10:30 AM



Giving honor and recognition to past members, employees  
and contractors of the WRAC, as well as community  
visionaries.

A special ceremony to remember those we keep in our  
hearts. Your attendance is welcomed.

## Wray Rehabilitation and Activities Center

Cordially invites you  
to attend our fundraiser

# Tropical Escape

WEDNESDAY, APRIL 9TH, 2025

\* 6:00 P.M. TO 6:30 P.M. SOCIAL WELCOME

\* 6:30 P.M. TO 9:00 P.M.

\* WRAC FORMAL CATERED BIRTHDAY GALA

\* LIVE ENTERTAINMENT

\* SILENT & LIVE AUCTION

\* CALL NOW FOR RESERVATIONS AS SPACE IS LIMITED

\* \$150 PER SEAT

\* \$600 FOR A 1/2 TABLE (4 SEATS)

\* \$1,000 FOR A TABLE OF 8

Please RSVP to Dana or Sherry at (970) 332-4451 by Monday, March 31st





# Spring CLASS SCHEDULE

## Monday

8:00am-9:00am Body Works w/ Dani Rockwell

5:00pm-6:00 pm Aquatics Program w/ Teresa Peterson

## Wednesday

8:00am-9:00am Body Works w/ Dani Rockwell

## Friday

8:00am-9:00am Body Works w/ Dani Rockwell

## Tuesday

6:00am-7:00am Yoga w/ Briana Lorenzini

7:00am-8:00am Aquatics Program w/ Ginger Weaver

8:15am-8:45am Stretch for Life w/ Dawn Evans

8:30am-9:30am Aquatics Program w/ Nancy Entzel

9:00am-9:45am Morning Arthritis w/ Rachel Cure and Miranda Matschke

## Thursday

6:00am-7:00am Yoga w/ Briana Lorenzini

7:00am-8:00am Aquatics Program w/ Ginger Weaver

8:30am-9:30am Aquatics Program w/ Nancy Entzel

9:00am-9:45am Morning Arthritis w/ Rachel Cure and Miranda Matschke

5:00pm-6:00pm Aquatics Program w/ Teresa Peterson





## Welcome to our new WRAC Program Director!!



**Maddie Godsey**

Maddie has been a member of the Wray community since she moved here from Oklahoma at 10 years old and is a graduate of Wray High School. She graduated from University of Northern Colorado in May 2024 with a bachelor's in psychology. She will be attending graduate school this fall to further study school psychology. Before joining the WRAC, Maddie worked at the Boys and Girls Clubs of Weld County. She is very excited to work with and serve WRAC members and the Wray community! You can usually find her running, reading a good book, spending time with family and friends, or hanging out with her yellow lab, Max!

### Afterschool Edition

#### Did you know...?

- Afterschool programs **strengthen the economy** by keeping kids safe while parents are able to work and provide for their families.
- Afterschool kids will **benefit for life!** Afterschool programs boost attendance, improves grades, and results in higher graduation rates.
- Afterschool is something we can all agree on!
  - 9 in 10 voters, an all-time high, agree that afterschool programs are a **necessity** for communities.
- Afterschool programs face **important youth problems** head-on.
  - prevent risky behavior and exposure to negative influences in-person and online
  - replaces screen time with in-person interaction

**\*\*Did you know the WRAC has afterschool and summer programs for kids that provide many of these benefits??\*\***

Check them out at [wracofwray.org/youth](http://wracofwray.org/youth) and keep an eye out for registration for PHIT Camp this summer!



## CONGRATULATIONS, CLASS OF 2025 GRADUATES!

With special congratulations to...

Makenna Kline

Carson Rockwell

David Huerta



## Join us this summer for...



Monday, Wednesday,  
and Friday  
11:00am-1:00pm  
June 9th-July 11th (no  
camp on July 4th)

Camp is offered to kids  
who have completed  
kindergarten all the  
way through sixth  
grade.

Cost is \$50/per  
participant. Space is  
limited, so register soon!

Looking for a cure to summertime boredom? Join us at the WRAC this summer for **PHIT Camp!** This program is designed to get kids active and engaged during the summer, while offering a healthy meal three times a week. Every week in PHIT Camp will have activities, crafts, games, and more that all correlate to a weekly theme.

Registration will open soon!! Keep an eye out for more information on the WRAC's socials and website.



Registration Opens Monday, April 21st, 2025  
**Registration Deadline: Saturday, May 31st, 2025**  
Please feel free to contact Maddie at (970) 332-4451 or at  
[programdirector@wracofwray.org](mailto:programdirector@wracofwray.org)





The WRAC proudly  
presents



# LET'S GET *Groovy!* Father Daughter Dance



Saturday, June 21st, 2025

6:30pm-8:30pm  
at the WRAC

700 Main Street in Wray

Cost: \$20 for each "dad" and daughter  
\$5 each additional daughter

*Tickets Available Soon!!*

## ATTENTION!!

Calling all those who are  
65+...



## JOIN THE WRAC'S *Senior Wellness Walkers*



### Pricing and Details

**WRAC Members:** This program is free to join and requires no additional cost.

**Non-Members:** This program costs \$15/ per month.

The fee non-members pay covers 3 hours/ per week of walking on any day, at any time. Walking also must be done on the walking track NOT on machines for non-members.

### About

Are you someone looking to prioritize movement and activity in your life? Or maybe you already participate in weekly movement and activity by walking, using equipment, or other methods. If so, Senior Wellness Walkers might be the group for you!

Join others in the program in logging miles at the WRAC on the walking track, treadmill, elliptical, tread climber, new step, or stationary bike!

All logged miles will go towards reaching a destination. Currently, walkers are putting miles towards a journey to **Niagra Falls**, and then the **Statue of Liberty** and back! Members of this group can expect to celebrate with **parties** along the journey and at the end when the destination is reached!

### Contact Us

If you have any questions or further inquiries, feel free to contact Maddie at (970) 332-4451 to learn more about the program.

To sign-up, please swing by the WRAC and fill out paper work, in order to begin logging miles as a Senior Wellness Walker



## SUMMER HOURS (BEGINNING THE WEEKEND FOLLOWING MEMORIAL DAY):



**MONDAYS-THURSDAYS: 5:00AM-9:00PM**

**FRIDAYS: 5:00AM-7:00PM**

**SATURDAYS: 7:00AM-2:00PM**

**SUNDAYS: 1:00PM-4:00PM**



## Come See Us at the Wray Community Health Fair!



Wray Hospital  
& Clinic

The annual Wray Community Health Fair is taking place on Saturday, April 26th, 2025 from 8:00am-11:00am. It will be held at the Wray School at 30222 County Road 35, Wray, CO 80758.

The WRAC will have a booth set-up at the Health Fair where you can get more information about our services, youth and senior programs, adult classes, spin to win some cool prizes, and fill out a survey for the chance to win a gift card!

