



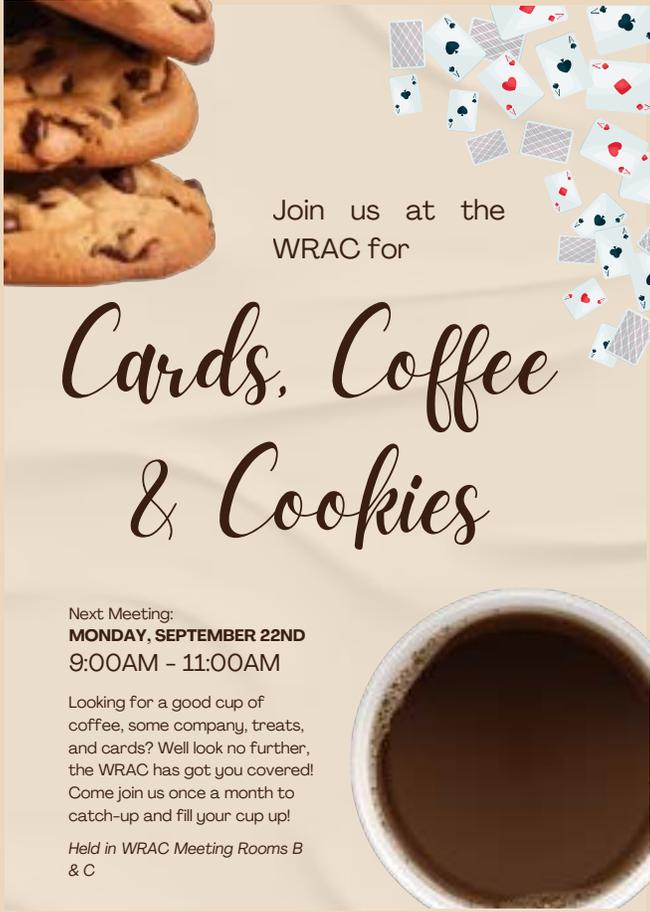
Wray Rehabilitation & Activities Center

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

# WRAC Wrattler

Quarterly

October 2025



Join us at the WRAC for

## Cards, Coffee & Cookies

Next Meeting:  
**MONDAY, SEPTEMBER 22ND**  
9:00AM - 11:00AM

Looking for a good cup of coffee, some company, treats, and cards? Well look no further, the WRAC has got you covered! Come join us once a month to catch-up and fill your cup up!

*Held in WRAC Meeting Rooms B & C*



### Calling all Local Artists!!

We are looking for artists to feature in our artist of the month spotlight at the WRAC.

Artwork will be displayed all month long on the wall opposite of the front desk.

If you are interested, please contact us at 970-332-4451 or stop by the WRAC and inquire at the front desk!



## CAN RECYCLING REMINDERS

Our recycling trailer is for **aluminum cans only**

Please do not put in items like **veggie cans** that are steel or **can tabs**, as these are not accepted.

Thank you for choosing to recycle your cans and for helping keep our recycling clean!



## MOM & SON

# NERF WAR



**SATURDAY**  
**OCTOBER 18TH**  
**6:30-8:00PM**  
**WRAC**

**BRING YOUR FAVORITE NERF GUN**  
**\*AMMO WILL BE PROVIDED BY THE WRAC\***



# FALL Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8-9 AM</b> Body Works w/ Dani Rockwell	<b>6-7 AM</b> Yoga w/ Briana Lorenzini	<b>8-9 AM</b> Body Works w/ Dani Rockwell	<b>6-7 AM</b> Yoga w/ Briana Lorenzini	<b>8-9 AM</b> Body Works w/ Dani Rockwell
<b>5-6 PM</b> Aquatics Program w/ Teresa Peterson	<b>7-8 AM</b> Aquatics Program w/ Ginger Weaver		<b>7-8 AM</b> Aquatics Program w/ Ginger Weaver	
	<b>8:15-8:45 AM</b> Stretch for Life w/ Dawn Evans		<b>8:15-8:45 AM</b> Stretch for Life w/ Dawn Evans	
	<b>8:30-9:30 AM</b> Aquatics Program w/ Nancy Entzel		<b>8:30-9:30 AM</b> Aquatics Program w/ Nancy Entzel	
	<b>9-9:45 AM</b> Morning Arthritis w/ Rachel Cure and Miranda Matschke		<b>9-9:45 AM</b> Morning Arthritis w/ Rachel Cure and Miranda Matschke	



## BECOME A GROUP FITNESS INSTRUCTOR AT THE WRAC!

We're looking for instructors in areas such as:

- Strength Training
- Cardio & HIIT
- Yoga & Pilates
- Dance Fitness

No certification? No problem!

The WRAC will help you get certified so you can start teaching.

Apply today!

For more information, contact the WRAC at (970) 332-4451 or swing by during business hours.



The WRAC will be closed on Thanksgiving Day so that our employees have the opportunity to enjoy the holiday with their families. We will reopen on Friday!

**Annual Memberships can be paid monthly!**

For example, an annual family membership is \$785, which can be broken down into 12 monthly payments of \$65.42. This total will also get you 10 Guest Passes!!

**DID YOU KNOW...**

## WELCOME OUR NEW MAINTENANCE DIRECTOR!!



### LUIS MIRELES

We're excited to have him on the WRAC team, helping keep our facility in top shape for you.

Be sure to say hi when you see him around the facility!



## PUMPKIN SPICE

More like feelin NICE, get in a WRAC class and you'll always be feelin NICE!!!

Month of October

Be NICE and bring your friend to your class for free!!!!  
(2 times or 2 different friends) or you can just stop in to try a class FREE.

**IF YOU HAVE A PERFECT ATTENDANCE IN OCTOBER YOU WILL BE ENTERED INTO A DRAWING FOR A NICE GIFT CERTIFICATE!!!**

[www.wracofwray.org](http://www.wracofwray.org)  
[www.facebook.com/wracofwray](https://www.facebook.com/wracofwray)

WRAC-700 Main St-Wray  
970-332-4451

Save the Date

# Colors of Christmas

## WRAC Annual Bundles of Joy Fundraiser

Bundles (Baskets, Trees, & Wreaths) Deadline: Friday, November 14th

Bundles Kick-Off: Friday, November 21st. @ 2 p.m.

Pictures with Santa: Friday, November 28th, from 4 - 8 p.m.

Closing Date: Sunday, December 7th @ 4 p.m.

# 2025

Registration forms available at the WRAC or by logging on to our website: [www.wracofwray.org](http://www.wracofwray.org)  
\*Bundles of ALL sizes accepted from Businesses' and Individuals\*

## SANTA IS COMING TO TOWN!!

Join us at the WRAC, Friday November 28<sup>th</sup>, from 4-8pm to take pictures with Santa and Mrs. Clause. Cookie decorating, ornament painting, and games will also be hosted by Wray Cares. Swing by for a fun time!

### HOLIDAY HOURS

CHRISTMAS EVE- 5AM TO 1PM

CHRISTMAS DAY- CLOSED

NEW YEAR'S EVE- 5AM TO 1PM

NEW YEAR'S DAY- CLOSED



# Member of the Month

June 2025



**Sandy Marnitz**  
Member since 2007

Congratulations to Sandy Marnitz, our June Member of the Month! Sandy has been a member of the WRAC since 2007. WRAC staff voted her Member of the Month because of her consistency and growth while being a WRAC member. She is always very friendly and has a smile on her face!

Here is what Sandy had to share about her fitness journey:

**What does a membership at the WRAC mean to you?**  
The WRAC started as a place to get into shape, but it's turned into a safe place where I go when I need to work through stress, rebuild confidence, or just breathe.

**When at the WRAC, you will find me...**  
Upstairs weight training at 5am, trying my best and wondering why leg day is so hard ;)

**Sandy's advice to others:**  
"Show up for yourself, even when it's hard, or the weather is bad, or your day is busy! Make the gym a part of your day so much you re-arrange your day to make it happen. We are worth the effort!"

Congratulations, Sandy!



# Member of the Month

July 2025



**Tony Rankin**  
Member since January 2025

Congratulations to Tony Rankin, our July Member of the Month! Tony has been a member of the WRAC since January 2025. WRAC staff voted him Member of the Month because as a new member of the WRAC he has jumped in with both feet and is very dedicated to his health. He is in almost every weekday morning walking!

Here is what Tony had to share about his fitness journey:

**What does a membership at the WRAC mean to you?**  
A membership at the WRAC means the ability to improve one's self physically as well as mentally. The options available to one for strength training and strength maintenance are endless. The options available for cardiovascular improvement and maintenance are endless as well. The wide variety of equipment provided for cardiovascular and strength training are vast. If weather becomes a factor the peace of mind the enclosed atmosphere promotes, almost guarantees a positive and fulfilling experience. Clarity, accomplishment, and success is what brings peace of mind at the WRAC.

**When at the WRAC, you will find me...**  
Walking around the indoor walking track and occasionally on the weight equipment, free weights and machines, that are available in abundance in their designated and safe areas.

**Tony's advice to others:**  
"If you are already a dedicated WRAC member share your experiences with others. Encourage them to visit and take a tour of the facility, so they can see for themselves."

Congratulations, Tony!



# Member of the Month

September 2025



**Luis Yanez**  
Member since January 2020

Congratulations to Luis Yanez, our September Member of the Month! Luis has been a member of the WRAC since January 2020. WRAC staff voted him Member of the Month as he has lost 120+ pounds since he has been coming to the WRAC. He is always quiet, respectful, and does what he comes for and leaves.

Here is what Luis had to share about his fitness journey:

**What does a membership at the WRAC mean to you?**  
A membership at the WRAC means to me a place where I can keep working on myself, staying consistent, as well as living a healthier lifestyle.

**When at the WRAC, you will find me...**  
On the Stairmaster or running on the treadmill.

**Luis's advice to others:**  
"Just keep showing up for yourself even if at times you don't want to!"

Congratulations, Luis!



# Member of the Month

August 2025



**Jane Buchanan**  
Member since Opening Day 1992!

Congratulations to Jane Buchanan, our August Member of the Month! Jane is a long-time member, with her membership beginning opening day 1992. WRAC staff voted her Member of the Month as she has been dedicated to the WRAC before the doors were even opened! You will still see her out pulling weeds and trimming trees around the WRAC. She is also very committed to her health. She comes in almost every morning, bright and early around 6am!

Here is what Jane had to share about her fitness journey:

**What does a membership at the WRAC mean to you?**  
I look forward to coming to the WRAC to work out, meet friends and meet new people, too. It always makes me feel welcome to be greeted at the front by a smiling staff person when I check in. Not only does the WRAC have a great variety of equipment, but it also has such good fitness classes as well as activities for people of all ages. I am also grateful for the wonderful PT therapists.

**When at the WRAC, you will find me...**  
Working on the nautilus equipment, walking on the treadmill or the track upstairs, and sometimes I use the NuStep, too. As I keep getting older, I realize the importance of trying to keep as fit as possible.

**Jane's advice to others:**  
"Keep trying to stay active and even when you think you'll start exercising, walking, running, or whatever when you have more time--- take time for yourself. You'll be glad you did!"

Congratulations, Jane!



**WE WANT TO HEAR FROM YOU!**

**COMPLETE THE SURVEY AND BE  
ENTERED FOR A CHANCE TO WIN A  
GIFT CARD.**

**SCAN THE QR CODE OR COPY THE  
LINK BELOW TO FILL IT OUT.**



**[HTTPS://FORM.TYPEFORM.COM/TO/YCYHSSHM](https://form.typeform.com/to/YCYHSSHM)**