



Wanstead Activity Centre

Prices correct as of 1st April 2025

Join us for pre-booked classes and / or lunch, or just pop in
for a chat & refreshments Tea/coffee £1 'Fancy Coffee' £2.50

Please call
0208 989 6338
before 11am to
book your lunch

The Allan
Burgess Centre,
2 Grove Park,
Wanstead
E11 2DL

For the over 55's 9.30am-3pm

Open Mon-Fri

Spend an hour here, or all day,
it's up to you!

2 course Lunch £8.00

(Main £5 Dessert £3)

2 course Roast Lunch £ £8.50

(Main £5.50 Dessert £3)

There is a waiting list for some classes. Classes cost £4 each, payable in blocks of 10 weeks.
Trial class for £4 is available on request. Phone 0208 989 6338 for further information

| Day | Tea or coffee | Morning Activity | 2 course Lunch Dining Room | Afternoon Activity |
|-----------|---------------|---|----------------------------|---|
| Monday | 9.30-11.30 | Chair Yoga in the back room 11.15am – 12.15pm | 12.30 | Toe Nail cutting 1-4 pm by appointment only Separate charges will apply. Further details available via 07943 877 035 |
| Tuesday | 9.30-11.30 | Craft/Knitting 10am - 12pm Drop in group IT support FREE 10am-12pm | 12.30 | Stretch and balance at Homesdale court (near Snaresbrook station) 10.30am-11.30am Zumba at Cherry Tree 12pm - 1pm Zumba in the back room 1.15pm -2.15pm Bridge 1.30pm - 3pm |
| Wednesday | 9.30-11.30 | 1:1 IT support 10am - 2pm Book Club 10.30-11.30 1 st Weds. Monthly | 12.30 | Chair Zumba 1pm -2pm and 2pm-3pm in the back room Jigsaws club FREE – refreshments available to buy 1pm-3pm |
| Thursday | 9.30-11.30 | Art 10am - 12pm | 12.30 | Chair Yoga 2pm - 3pm in the back room Board games / chess Free 1pm-3pm tea/coffee available to buy |
| Friday | 9.30-11.30 | Chair exercise in the back room 10-11am Chair Yoga in the back room 11.15am-12.15pm | 12.30 | |