



Wanstead Activity Centre

Prices correct as of 1st April 2026

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 £9.00

(Main £5.50 Dessert £3.50)

2 course Roast Lunch £ £9.50

(Main £6 Dessert £3.50)

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 | Stretch & balance at Homesdale Court, (nr Snaresbrook stn) 10.30am - 11.30am Craft/Knitting FREE 10am - 12pm Drop in group IT support FREE 10am-12pm | 12.30 | Zumba (standing) at Homesdale Court, New Wanstead (nr Snaresbrook stn) 12pm - 1pm and 1pm – 2pm Card Games FREE 1.30pm - 3pm |
| Weds | 9.30-11.30 | 1:1 IT support hourly slots 10am - 2pm Book Club 10.30-11.30 1 st Weds. Monthly FREE | 12.30 | Chair Zumba 1pm -2pm and 2pm-3pm in the back room Jigsaw club FREE 1.30 pm-3pm |
| Thursday | 9.30-11.30 | Art 10am - 12pm | 12.30 | Chair Yoga 1pm – 2pm and 2pm - 3pm in the back room Board games / chess Free 1.30 pm-3pm |
| Friday | 9.30-11.30 | Chair exercise in the back room 10-11am | 12.30 | Bingo, last Friday of the month 2pm-3pm £5 per card, book a space in advance VARIOUS MONTHLY TALKS – CALL OR SEE WINDOW FOR DETAILS |