



# Wanstead Activity Centre

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

Open Mon-Fri

9.30am – 3.30pm

Spend an hour here, or all day, it's up to you!  
**Join us for pre-booked classes and / or lunch,**  
**or just pop in for a chat & a tea or coffee just £1.**  
**Delicious two course lunch only £7.00 Mon-Thur**  
**Roast dinner and dessert £7.50 Fridays**

Day	Open for Tea/Coffee Dining room	Morning Activity	2 course Lunch served  Dining Room	Afternoon Activity
Monday	9.30-11.30	Chair Yoga 11.15am – 12.15pm	12.30	<b>Toe Nail cutting</b> 1-3pm by appointment only via 07943 877035 – <i>Separate charges will apply.</i> <i>Further details available at</i> <a href="http://www.ageuk.org.uk/redbridgebarkinghavering">www.ageuk.org.uk/redbridgebarkinghavering</a>
Tuesday	9.30-11.30	Craft/Knitting 10am - 12pm	12.30	<b>Zumba</b> at Cherry Tree 12pm - 1pm & 1 – 2pm  <b>Bridge</b> 1.30pm - 3pm
Wednesday	9.30-11.30	IT support 10am - 2pm  <b>Book Club(1st Wed, Monthly)</b> 10.30am-11.30am	12.30	<b>Chair Zumba</b> 1pm -2pm and 2pm-3pm
Thursday	9.30-11.30	Art 10am - 12pm	12.30	<b>Chair Yoga</b> 2pm - 3pm Back Room  <b>Boardgame/chess</b> 1pm-3pm Dining Room <i>Free session - Refreshments available to purchase</i>
Friday	9.30-11.30	Chair exercise 10-11am	12.30	

**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**