



Wanstead Activity Centre

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

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

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

For the over 55's 9.30am-3pm
Open Mon-Fri

2 course Lunch £8.00

(Main £5 Dessert £3)

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

2 course Roast Lunch £ £8.50

(Main £5.50 Dessert £3)

| Day | Tea or coffee | Morning Activity | 2 course Lunch Dining Room | Afternoon Activity |
|-----------|---------------|---|----------------------------|--|
| Monday | 9.30-11.30 | Chair Yoga 11.15am – 12.15pm | 12.30 | Toe Nail cutting 1-3pm 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 | Zumba at Cherry Tree 12pm - 1pm & 1 – 2pm Back room Bridge 1.30pm - 3pm |
| Wednesday | 9.30-11.30 | 1:1 IT support 10am - 2pm Book Club 10.30-11.30 1 st Wed. Monthly | 12.30 | Chair Zumba 1pm -2pm and 2pm-3pm Jigsaws club FREE – refreshments available 1-3pm |
| Thursday | 9.30-11.30 | Art 10am - 12pm | 12.30 | Chair Yoga 2pm - 3pm Board games / chess Free 1pm-3pm Refreshments available to purchase |
| 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