

THE NW LONDON

LOCAL NEWS

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Date/Time

1PM Wed 26th Feb

1PM Wed 5th Mar

1PM Wed 12th Mar

1PM Wed 5th Feb or **1PM** Wed 19th Mar

PLUS: Calling All Men...

Just for men: Self-Care and Stress Management **8PM** Wed 19th Feb

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MEN'S ONLY HOURS

SUNDAY & WEDNESDAY 8:00^{PM} - 9:30^{PM}

MONDAY 17 FEB & FRIDAY 21 FEB: CLOSED

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and unlock the floodgates to endless
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*Family initiated a campaign as a
zechus for their family member to
have children. The Florida Mikvah
opened 9 months ago and the couple
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*Class initiated a campaign as a
zechus for their classmate that was
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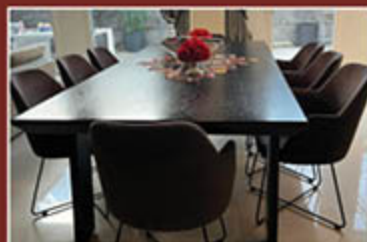
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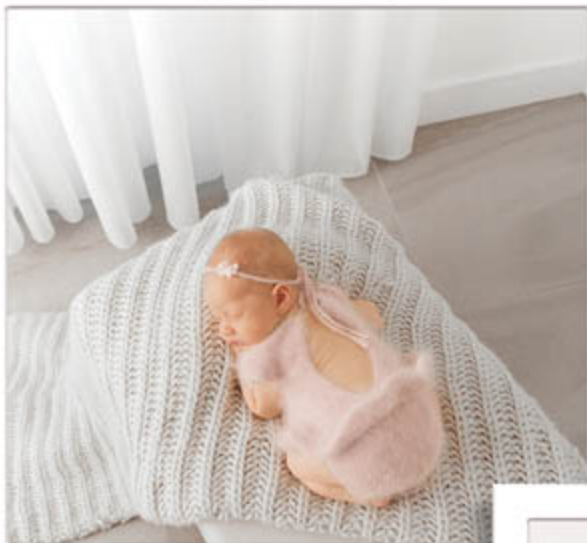


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השפעת התורה



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2 - 3 FEB || ד' - ה' שבט

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18:30



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SUNDAYS
19:30
THURSDAYS
19:30

SCHEDULE

SUN	MON	TUE	WED	THURS	FRI	MOTZEI
10:00	6:30	09:30	06:30	9:15	NEW 06:30	19:30
SHRED	WORKOUT WITH TAMAR	SPIN	BOXING + TONE	CIRCUIT	NEW TOTAL BODY SCULPT	SPIN
19:30	09:30	NEW 10:30	09:30	10:05	9:30	20:30
TEENS BOOT CAMP	PUMP IT UP	PILATES	SHRED	CIRCUIT	BURN	SPIN
	10:30	11:30	20:15	11:00	10:30	
	SHRED	BUMPS + BABES	BURN	PILATES	PUMP IT UP	
	NEW 20:15	18:30		19:30		
	TOTAL BODY SCULPT	TEEN ZUMBA +FIT		TEENS BOOT CAMP		
		NEW 19:30				
		PUMP IT UP				

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About Us

Mr Lance Kruger
Specialist Oral Surgeon
Restorative Dentist

Penridge Dentistry is our
Private Dental Practice based
in Mill Hill, North West London

Professional Registrations

General Dental Council UK (GDC number: 68851)
British Dental Association
British Society of Dental Sleep Medicine

Lance Krugers Qualifications

BChD(Pret), MSc Dent, M Dent MFOS(Wits), FC MFOS(SA)



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About Us

Mr Lance Kruger
Specialist Oral Surgeon
Restorative Dentist

Penridge Dentistry is our
Private Dental Practice based
in Mill Hill, North West London

Professional Registrations

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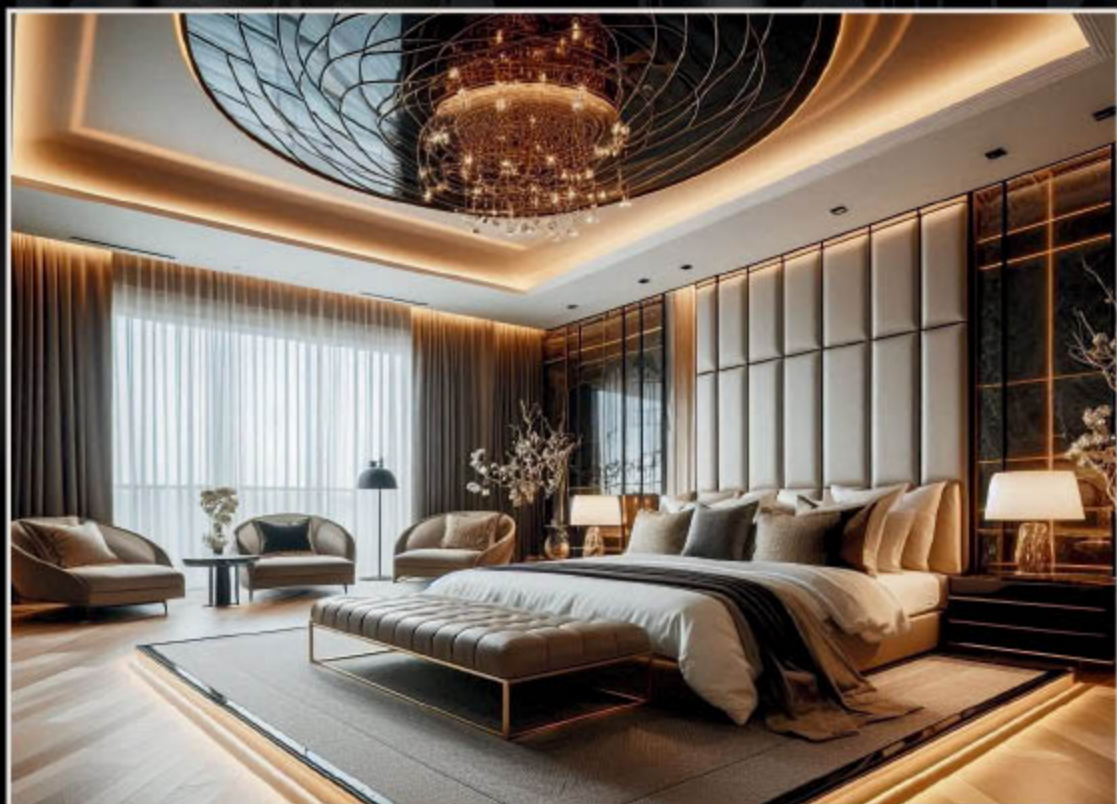
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Avraham Golshevsky

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... תלמידות בסיסיות נחשבות יפה

**Pre-school Teacher
Part Time Position (12.30 – 3pm)**

Previous experience preferred

The ideal candidate should be:

- Warm, caring and enjoy working with children.
- Flexible, resilient and a team player.
- A teaching assistant who believes in creating a stimulating, enabling learning environment.

We offer:

- A thriving happy school.
- A welcoming, positive and friendly staff team, dedicated to enriching the lives of the children at our school.
- Motivated, well behaved and enthusiastic learners.
- Opportunities for professional development.

Please contact the school office to discuss the
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**ey@ateresby.co.uk
0208 059 6528**

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Address: 27 Green Lane, NW4 2HL
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Ateres Beis Yaakov

תלמידי חינוך ולימודים

תלמידי חינוך ולימודים

We are looking to employ:

LSA
(Afternoon Only)

The ideal candidate should be:

- Warm, caring and enjoy working one on one with children.
- Be flexible, resilient and a team player.
- Be able to create a stimulating, enabling learning environment.

What we offer:

- A thriving happy school
- A welcoming, positive and friendly staff team, dedicated to enriching the lives of the children at our school
- A warm, calm atmosphere with nurturing values
- Motivated, well behaved and enthusiastic learners
- Opportunities for professional development.

Ateres Beis Yaakov is a primary school, catering for girls from Charedi families. The school works together with parents to ensure each child can thrive and reach their potential in a safe and warm environment. The school provides a professional setting in which every child can develop their self-esteem and achieve in their education. Ateres Beis Yaakov are committed to the safeguarding agenda and the position will therefore be subject to enhanced DBS checks.

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Saucy Wings

WITH CRISPY POTATOES AND COLESLAW

RECIPE CORNER BY

THE NW LONDON 
LOCALNEWS

INGREDIENTS

Saucy Wings

3 to 4 pounds chicken wings, cut in half
1/4 cup cornstarch
1/4 cup Gefen Ketchup
1/4 cup Gefen BBQ Sauce
3 shakes of hot sauce
1/8 cup brown sugar, silan, or honey
1/8 cup Soy Sauce

Crispy Potato Wedges

4 pounds / 12 medium gold potatoes
2 tablespoons olive oil
1 tablespoon Pereg Shawarma Spice
1/4 teaspoon salt

Classic Coleslaw

1 bag coleslaw mix
3/4 cup Gefen Mayo
2-3 tablespoons sugar
1 tablespoon lemon juice
1/4 teaspoon salt
shake of black pepper

DIRECTIONS

Prepare the Saucy Wings

Preheat oven to 200 degrees.
Place wings into baking sheet and shake on the cornstarch. Toss till fully coated.
Spray the tops with oil and bake for about 45 mins.
If you have a convection or air frying setting, use it.
Mix together the sauce: ketchup, BBQ sauce, hot sauce, sweetener, and soy sauce. Toss wings in sauce right before serving.

Prepare the Crispy Potato Wedges

Preheat oven to 210 degrees.
Place the whole potatoes onto a baking sheet lined with Gefen Parchment Paper. Spray with oil and bake uncovered till soft enough to cut through, about 35 minutes. Remove from oven.
Raise heat to 430 degrees and to the convection setting if you have it. Right on the baking sheet, cut the potatoes into wedges. Drizzle on the olive oil, shake on the spices and toss. Bake uncovered 25 minutes or until crispy around the edges.

Prepare the Coleslaw

In a bowl, mix together the dressing ingredients then add in the coleslaw mix. Toss till fully combined.



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in need of a

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TIMES
ARE
FROM
LAST
WEEK.

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13.48	בית יעקב דוב
1.90	בית אברהם, בית יעקב דוב, בית יעקב דוב, בית יעקב דוב, בית יעקב דוב
	23 Green Walk (0)
1.01	בית יעקב דוב
1.04	בית יעקב דוב
1.15	בית יעקב דוב
1.30	בית יעקב דוב
1.40	בית יעקב דוב
1.48	בית יעקב דוב
2.30	בית יעקב דוב

מנחה בחול

5.25	6.35 - 6.25
6.30	בית יעקב דוב
6.35	בית יעקב דוב
6.40	בית יעקב דוב
6.45	בית יעקב דוב
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11.35	בית יעקב דוב
11.40	בית יעקב דוב
11.45	בית יעקב דוב
11.50	בית יעקב דוב
11.55	בית יעקב דוב
12.00	בית יעקב דוב

פ' בא

מנחה שבת

12.45	בית יעקב דוב
1.00	בית יעקב דוב
1.45	בית יעקב דוב
2.00	בית יעקב דוב
2.56	בית יעקב דוב
3.55	בית יעקב דוב
4.00	בית יעקב דוב
4.04	בית יעקב דוב
4.05	בית יעקב דוב
4.10	בית יעקב דוב
4.15	בית יעקב דוב
4.20	בית יעקב דוב
4.23	בית יעקב דוב
4.25	בית יעקב דוב
4.28	בית יעקב דוב
4.29	בית יעקב דוב
4.30	בית יעקב דוב
4.34	בית יעקב דוב
4.35	בית יעקב דוב
4.39	בית יעקב דוב
4.40	בית יעקב דוב
4.44	בית יעקב דוב
4.55	בית יעקב דוב

ערב שבת

12.45	בית יעקב דוב
1.00	בית יעקב דוב
4.33	בית יעקב דוב
4.36	בית יעקב דוב
4.38	בית יעקב דוב
4.43	בית יעקב דוב
4.45	בית יעקב דוב
5.05	בית יעקב דוב

לפי הקדשה בחול שבת אלו ה"ב"ר מן מנין צעטיל

Currency Exchange

Code	Currency	Units \ GBP	GBP \ Unit
USD	US Dollar	1.24	0.78
EUR	Euro	1.19	0.82
ILS	Israeli New Shekel	4.51	0.20
CHF	Swiss Frank	1.12	0.88

Based on Wednesday's Midweek Rate

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Friday

31st Jan 25



Shabbos Sunday Monday Tuesday Wednesday Thursday

90% 12°	60% 0°	60% 3°	60% 2°	96% 11°	70% 2°
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Weather
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DAILY TIMES

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	4:48	4:50	4:52	4:54	4:55	4:57
זריחה	5:42	5:44	5:46	5:47	5:49	5:51

officeuk@tahareinu.com

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