



# Christmas Newsletter

Wishing you a Merry Christmas and a joyful holiday season from all of us at Vineyard Medical Centre! Thank you for trusting us with your health and wellbeing this year. We look forward to supporting you in 2025. May your holidays be filled with happiness and good health!



## Snow Globe Craft

This adorable Christmas craft is a fantastic activity for the whole family to enjoy together. It's an easy project that works well for both younger and older children (younger ones may need a little assistance). Here's everything you need to get started on making snow globes:

Materials: Candy canes, empty and washed jars, glitter, ornaments, glue, and wrapping paper and tape (if you're turning the snowglobes into gifts).

Time required: 1.5 hours

Ages: 4+

Instructions:

1. Take the lids off of the jars and glue your candy canes and ornaments to the inside of the lid. Set to dry for at least an hour.
2. Fill your jars to the brim with water and pour in the glitter. Screw the lid on tightly. Test that the snow globe works by shaking it.
3. Wrap the snow globes (if you're turning them into gifts).

## CHRISTMAS HOURS

As the holiday season approaches, we want to remind all patients to check our attached hours and plan ahead for any medication needs.

Due to limited availability of appointments during this time, it's important to ensure you have enough medication to cover the festive period. If you need a prescription refill or have concerns, please contact us as soon as possible to avoid any disruptions in your treatment. Thank you for your understanding, and we wish you a happy holiday season!

### Christmas Opening Hours

6.12 Friday	7am - 4pm
19.12 Thursday	closed 12-2pm
24.12 Christmas Eve	7am - 1pm
25.12 Christmas Day	closed
26.12 Boxing Day	closed
27.12 Friday	7am - 6pm
28.12 Saturday	8.30am - 1pm
30.12 Monday	7am - 6pm
31.12 New Year's Eve	7am - 1pm
1.01 New Year's Day	closed
2.01 Thursday	7am - 6pm

# Smoked Salmon Wreath

Recipe compliments of Taste.com.au

## Ingredients (13)

- 1 large fennel bulb, trimmed, core removed
- 3 limes
- 2 green shallots, trimmed
- 3 large ripe avocados
- 250g baby cucumbers, peeled into ribbons
- 200g (1 bunch) radishes, trimmed, washed, thinly sliced
- 400g sliced smoked salmon
- Extra virgin olive oil, to drizzle
- Crème fraîche, to serve
- Salmon roe, to serve
- Fresh dill sprigs, to serve
- Micro herbs, to serve
- Gluten-free crackers or crusty bread, to serve (optional)

Allergens - Recipe may contain milk, lactose and fish.

## • Step 1

Use a mandoline to very thinly slice the fennel lengthways. Place in a large bowl with the juice of 1 lime. Add a large pinch of salt, toss to combine and set aside to pickle.

The easy way to zest, juice and segment lemons, limes and oranges.

## • Step 2

Cut shallots into 8cm lengths and thinly slice lengthways. Place in a bowl of iced water for 2-3 minutes or until lightly curled. Drain well. Roughly mash the avocados in a bowl. Add the juice from the remaining limes, season and stir to combine.

## • Step 3

Drain fennel. Arrange avocado in a heaped circle around the edge of a large plate. Arrange pickled fennel, cucumber, radish, shallot and salmon over the top. Drizzle with oil and season with pepper. Dollop on crème fraîche and salmon roe. Scatter with the dill and micro herbs. Serve immediately with crackers or bread, if you like.

