



Amberfield News

A newsletter of the Amberfield Retirement Village,
Howick, KwaZulu-Natal, South Africa

August 2026

"MEMORY'S DOOR"



SUSPENSE. PLOTS. PUZZLES. A MURDER MYSTERY TO SOLVE...

On 12 August, **Kath&Crew** hosted a superb interactive Murder She Wrote mystery evening. Adapted from the popular television detective series to a Midlands setting, the production captivated residents with a lively blend of murder mystery, suspense, comedy and music. The cast featured Paul Spence, Kath McClelland, Axl Forder and Jenna Hornby.

Residents brought along lovely platters of snacks and refreshments to enjoy during the show.

BEAUTIFUL MELODIES

On 31 August, **Christopher Duigan** once again delighted residents with an enchanting programme featuring some of the world's best-loved classical piano works. Highlights included Beethoven's Adagio from Sonata 'Pathétique', Chopin's Raindrop Prelude, Debussy's Clair de Lune, and works by Balakirev, Sibelius and Mozart.



TALES FROM COLOMBIA TO SOUTH AFRICA WITH TARA THE TERRIER

Robert and Rosemary Forrester gave a fascinating presentation on 17 August about sailing around the world with their Jack Russell, Tara. The four-legged sailor soon ruled life aboard. The Forresters shared stories of their exciting and sometimes hair-raising adventures on land and sea, including tsunamis, modern-day pirates, cries of "Dog Overboard!" and many other memorable incidents.



FROM RENAISSANCE TO ROCK 'N' ROLL

The Howick Choristers, a well-known local community choir, perform uplifting programmes of classical music and inspirational hymns in support of charitable causes. Their performance on 2 August enthralled the residents; their repertoire featuring Verdi's Chorus of the Hebrew Slaves, Gounod's Soldier's Chorus, contemporary favourites such as What a Wonderful World, and special arrangements honouring Amberfield resident and composer Ruth Hall.

Johan Grobler conducted the outstanding programme, accompanied by Rosemary Tregenza and Pat Bennet.



CARE CENTRE HAPPENINGS

Our Care Centre residents once again displayed their culinary skills during a bread-making session. They carefully measured the ingredients, kneaded and proved the dough, then shaped it before our onsite caterers baked it. The proof was certainly in the eating: the fresh bread was quickly devoured with generous helpings of butter and diabetic jam.

Residents also knitted blankets for use in the Care Centre, enjoyed lively bingo sessions with prizes, and decorated mugs that are now being fired in the kiln.

It was another busy and stimulating month.

Angel Paws visited the centre in August, and residents enjoyed petting and interacting with the dogs. Studies show that contact with animals can trigger the release of feel-good chemicals in the body. In senior care settings, these visits may ease anxiety, lift spirits, evoke long-held memories, encourage connection, add purpose to the day and provide companionship.



That magic touch is never lost – a fun bread making day.

Sometimes, a single photograph conveys what words cannot: the quiet magic of a therapy dog visit.



AUGUST BIRTHDAY CELEBRATIONS

Warmest wishes to our residents who celebrated “another trip around the sun.”



**1 August : Ian (82) , 6 August : Joyce (98), 14 August : Brenda (92), 21 August : Toni (91),
25 August: Ina (92)**

May your days be filled with happiness, peace, good health, and the love of those who cherish you.

