



Amberfield News

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

September 2026



SPRING WALK



The independent residents' annual Family Spring Walk took place on a chilly 5th September - typical Midlands weather at the start of spring. Undeterred, residents donned hats or flowers in their hair and set off with an eager spring in their step.

Walkers welcomed the hot and cold refreshments served along the route, while marshals and spectators cheered them on.

ME AND MY BABY GRAND

Judith Hawthorne 'grandly' entertained residents on 20th September in the Amberfield Lounge with a delightful showcase of her piano skills and musical background. Her programme featured film scores, musical theatre, classical works, and piano-led pop by Freddie Mercury, Billy Joel, ABBA, and others.



HERITAGE DAY CELEBRATION



Heritage Day was celebrated in true South African style with the theme *Khaki and Shweshwe*. A delicious three-course lunch was served with the waitrons and diners joining in the celebration and dressing for the occasion. They looked fabulous!



CARE CENTRE HAPPENINGS

The Care Centre Spring Walk took place on 1st September, starting with some warm up exercises. It was a morning filled with laughter, banter, and a 'spring' in every step - or walking aide. The well-attended event concluded with tea and cream scones in the garden.



WORLD ALZHEIMER'S DAY HIGH TEA

Residents heard from **Kim Hellberg**, the Regional Manager for KwaZulu-Natal at the Association for Dementia and Alzheimer's of South Africa (ADASA).

Her World Alzheimer's Month theme was "The earlier you know. The more you can do. A dementia diagnosis matters." Kim's powerful address encouraged us to raise awareness of dementia, challenge the stigma surrounding it, and support those living with the condition, along with their families and caregivers.

A scrumptious high tea followed the talk.



BIRTHDAY CELEBRATIONS

Warmest wishes to Anne who celebrated her 81st birthday on 13th September, to Marie-Louise who cheered in a fabulous 93 years young on 19th September, to Valerie who scored a magical 90 trips around the sun on 23rd September and to Pamela who turned a hearty 82 on 27th September.

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

