



Arts And Health = AAH! an exclamation of surprise, amazement, wonder or joy!

Research shows us that experiencing or participating in art and culture is great for our health.



MONDAY

START A NEW HABIT!

Find a podcast you like!
There are thousands of fascinating stories out there.

- [David Tennant podcast](#)
- [This American Life](#)
- [Desert Island Discs](#)

TUESDAY

CONNECT!

We will provide a wide selection of links each week covering performing arts, visual arts, literature, culture, digital and electronic arts.

Share and chat about your discoveries with family/friends.

WEDNESDAY

ENGAGE!

Arts and culture is alive and well, with many events and performances available as virtual or online experiences. We will bring local and international art and culture to you! Discover your AAH!



WATCH ANYTIME MOVING ART BY LOUIE SCHWARTZBERG

<https://movingart.com/gallery-gratitude/>

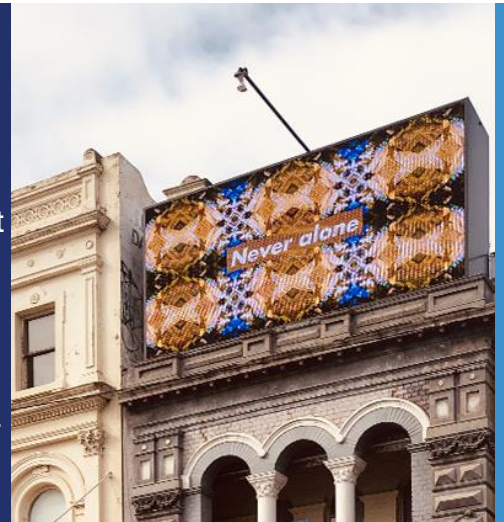
<https://movingart.com/wonder-awe-tedxla/>

Wonder and awe - Art and science collide in time-lapse and slow-motion cinematography

Never Alone

Kent Morris says that his work speaks to the “First Nations cultural concept of the interconnectedness of all things: people plants, animals, landforms and celestial bodies,” but also of Victoria’s current public health crisis. While walking on Yaluk-Ut Weelan country (Elwood) in the first lockdown, Morris photographed the Nankeen night heron which is featured in Never Alone, a digital billboard currently displayed in St. Kilda; a beacon of hope and artistic respite.

[ABC The Friday Revue](#) (5 min. listen)



THURSDAY

ARTIST CONVERSATIONS EVERY THURSDAY AT 5.00PM

Andy Dinan, Director of Melbourne’s MARS Gallery - weekly artist interviews Live via her Instagram [ANDY_DINAN](#)

MELBOURNE SYMPHONY ORCHESTRA

Live concerts every second Thursday at 7.30pm. Next scheduled live performance on 27th August, featuring British gems by Elgar and Walton, plus Vaughan Williams.

[Melbourne Symphony Orchestra performances](#)

The arts can help keep us well and support longer lives better lived

(WHO, the evidence on the role of the arts in improving health and wellbeing, 2019)

FRIDAY 21st August 6pm - 7.30pm - ‘Emu Runner’ (streamed online)

NATIONAL MUSEUM OF AUSTRALIA - FREE FILM

Emu Runner - an Australian independent film - story about the impact of a mother’s death on an aboriginal family living in an isolated community, seen through the eyes of 9 year old Gem, who deals with grief by forming a bond with a wild emu.

Co-ordinate with family or friends and have a post-movie chat on zoom!

[National Museum Free film event](#)

[National Museum You tube channel](#) - Live events and virtual tours from the comfort of home

STATE LIBRARY OF VICTORIA - CREATIVE TECH FRIDAYS

Watch recordings of this weekly video series to learn tips and tricks to make creative digital content. For creators and makers of all abilities, there are tips on everything from making a podcast to making a digital collage using the free collection of images from the State Library.

[Creative Tech Fridays](#)

SATURDAY 22nd August

MELBOURNE INTERNATIONAL FILM FESTIVAL 6-23 AUGUST

“MIFF 68 ½” Stay home, see the world! Grab your popcorn and settle back on the couch!

Quartet of shorts bundles. (Shorts bundles are free of charge but you'll need to set up an account on the website, full films are fee-based)

<https://2020.miff.com.au/page/shorts/>

SUNDAY 23rd August

GLEN EIRA CITY COUNCIL - ARTS AND CULTURE, LIVE SUNDAY SESSION, 3PM EVERY SUNDAY

Like them on facebook for program updates - Glen Eira city council - Arts and Culture

Sunday 23rd August - Tales of Bricks and Mortar

Writer Aron Lewis is on a mission to support local matters - Listen to Aron and photographer Tatiana share stories about some local long-standing shops, restaurants and cafes.

[Glen Eira Council Live Sunday sessions](#)

ANYTIME ANYWHERE - DISCOVER SOMETHING NEW!

GALLERIES, MUSEUMS AND PERFORMING ARTS AROUND THE WORLD HAVE RESPONDED TO COVID-19, PROVIDING AN ARRAY OF FREE ONLINE EVENTS, PERFORMANCES & CLASSES

Stay local or go international! Each week, there will be some new experiences to try.

Melbourne Symphony Orchestra (MSO)

[MSO concert streams](#) Recorded concerts available anytime online. Live concerts fortnightly Thursdays at 7.30pm. Free of charge

<https://www.youtube.com/user/TheMSOrchestra> So many choices!

[MSO AFL Club Anthem project](#) If you love your footy club, this one is for you!

DO YOU LIKE TO SING?

You are invited to join the MSO chorus and musicians of the MSO to sing an ode to our city, as part of a special video project dedicated to all Melburnians! The performance of Paul Kelly's *Leaps and Bounds* is part of MSO's commitment to keep the music going through the COVID-19 pandemic. Submissions are open now and close this Friday 21st August. WOW! Get involved!

[MSO Leaps and Bounds virtual choir](#)

State Library of Victoria

[State Library Digitised Collections](#) - Available anytime. History buffs will be delighted!

[State Library - Open House Melbourne 2020](#) - Take a behind the scenes look at this fascinating restoration of a 19th century icon, the Ian Potter Queen's Hall. Available online 25 July - 31 August.

National Gallery of Victoria

Stay connected and inspired with highlights from the NGV. Try a virtual tour or a practical class.

[NGV online channel](#)

[NGV Virtual Tour - the Australian Art collection](#)

PRACTICAL ONLINE ART TUTORIAL Join Melbourne-based visual artist Louise Weaver for a tutorial on non-traditional mark making. Weaver will demonstrate different ways of mark making with paint, using items found in your home and how to combine these with simple collage techniques to create exciting new compositions.

[NGV hands-on art tutorials](#) (15 mins)

NGV ONLINE COURSES Are you looking for something a bit more? NGV has a range of online courses to sink your teeth into during lockdown. Surrealism 1920s to now starts on 24th August. It runs for 8 weeks, enrolment is \$44 for NGV members or \$49. Follow the link below.

[NGV course Surrealism](#)

Melbourne Theatre Company (MTC)

MTC audio lab - great dramatic texts brought to life by your favourite stage actors. It's theatre for your ears!

[MTC Audio Lab](#)

American Ballet Theatre

[Sequentia: Ballet dancers at home!](#) A series of isolation solos, connected via starting and ending poses, set to Moritz Moszkowski's "Spanische Tanze". 4 mins of amazing, surprising & beautiful!

Check out the large range of performances on the website [ABT offstage](#) A 2020 Virtual Season

More international events and virtual tours to come in AAH! Issue 2



AAH! An Arts and Health initiative for our patients, families, staff and friends.
(please acknowledge Calvary Health Care Bethlehem when sharing)

Curated by Nicki Jackson with support from community volunteers and friends.

WE LOVE IDEAS AND FEEDBACK!
email to artsandhealth@calvarycare.org.au