



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.



Image: Frank Relle, www.insideoutproject.net

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.

WED. 26th AUGUST 6-7pm

MELBOURNE MUSEUM

Live webinar focusing on the Mini mega model museum

Free. Register using this link

[Why Models Work - The Maker's edition](#)



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

Collective Isolation Project

Join the State Library's Memory Bank, a new long-term citizen collecting project. Life has changed so much and inspired us to find new ways of connecting, learning and working. Tell your story by submitting photos, videos or writing. Building an archive of daily life preserves these memories for the future. This 1940s snapshot from the SLV archive is of Arts patron Sunday Reed holding one of her dogs, snapped by friend Albert Tucker. The Reeds lived at Heide, now the Heide Museum of Modern Art in Bulleen.

[Memory Bank Collective Isolation Project](#)



THURSDAY 27th August

MELBOURNE SYMPHONY ORCHESTRA

Live concert 7.30pm. This performance features British gems by Elgar and Walton, plus Vaughan Williams.

[Melbourne Symphony Orchestra performances](#)

Not feeling like music today? Take a look at Heide at Home

[Heide at Home](#) Heide Museum of Modern Art

VIEW exhibitions at home or TRY an art challenge!

“We turn to the arts in challenging times because they help us to heal, to share stories, to make meaning”

(Centre for Arts in Medicine, University of Florida, 2020)

FRIDAY 28th August

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

Every Friday at lunchtime, the Bethlehem Music Therapy Department performs a livestream interactive concert for the enjoyment of our patients near and far and our wider community. Visit our website or Like our page on Facebook (Calvary Health Care Bethlehem) to receive the weekly link, to watch previous performances, or to make your own song request!

[Lunchtunes at Bethlehem](#)

FRIDAY FUN HOUSE- LIVE AT 4 PM FRIDAY 28th AUGUST 2020

Comedy, dance, live music theatre - Presented by “Chapel off Chapel” (4pm show, 50 mins)

[Friday Fun House register here](#) - Suitable for the whole family. \$5 per family.

SATURDAY 29th August

GLEN EIRA ARTS ONLINE - FREE SEWING CLASS ONLINE AT 3PM

Make your home cosy with some creative cushion covers. Sewing machine & fabric needed.

[isewlation Free sewing class](#)

SUNDAY 30th August

GLEN EIRA ARTS ONLINE -DREAM PUPPETS - LIVE SUNDAY SESSION, 3PM

Visit the underwater world with Dream Puppets (booking required - use link below)

"The underwater world comes to life in vivid fluorescent colours in this mesmerising, beautiful, exquisitely puppeteered show." The Adelaide Advertiser.

[Free event Dream Puppets Book here](#)

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.

The State of Music in Victoria

[The State of Music](#) - Click on this link to listen to Episode 3 from the 'VictoriaTogether' Initiative, featuring Melbourne's legendary story-teller, singer/song-writer Paul Kelly and a live performance of "How to make gravy" from the 2019 'Making Gravy' concert series.

Submissions to the MSO virtual choir performance of Paul Kelly's *Leaps and Bounds* have closed, but watch out for its premiere on 17th Sept. In the meantime, listen to the Anzac Day virtual choir.

[MSO Waltzing Matilda Virtual Choir](#) (4 ½ mins)

And one more recommendation from Kate Prowd, former Psychology Department staff member at CHCB and current Bishop in the Anglican Church of Melbourne.

[Spem in Alium Virtual Choir](#) Tallis performed by 40 singers from around Australia "Wow!" (8 mins)

State Library of Victoria

While the doors are closed, you can still access the best on offer from your bed or lounge room! Dive into the vast collection, entertain curious minds, learn something new or kick back with a coffee and listen to one of the many fascinating talks. Scroll through, there's lots of variety!

[Library in your Lounge](#) Unwind, slow down, expand your horizons, feed your curiosity.

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

DO YOU LIKE TAKING PHOTOS?

'Memory Bank' and 'Inside Out' are 2 projects anyone can get involved in!

The [Collective Isolation project](#) run by the State Library is calling on all Victorians to contribute to this inaugural 'Memory Bank' by submitting your photos that document what everyday life is actually like now. Daily life is different for each of us during this period of restrictions and physical and social isolation. Visit this link and share your story!

[Memory Bank photo sharing project](#)

“[Inside Out](#)” is taking over Federation Square in 2021. Be part of this global participatory art project initiated by French artist JR, to mark the opening weekend of PHOTO 2021 (18-21 Feb 2021) You are invited to take part! In a time when truth is being challenged and newspapers silenced, this is a public call to arms. To take part, visit the website link to submit a photo of yourself, along with a personal statement answering the question “What is your truth?”

[Inside Out - call for photos](#)

[Heide Museum of Modern Art](#) is also calling for entries to a photography challenge. Check it out!

[Heide at Home photography challenge](#) email entries to programs@heide.com.au by 9th Sept.

[Australian Centre for the Moving Image \(ACMI\)](#)

So you’ve always wanted to make a film? This free online resource will help make the process easy and fun. 6 modules cover a range of film-making skills (no experience required)

[ACMI film-making tutorials](#) Film it! The film maker’s toolbox (suitable for students & adults)

[ACMI online learning](#) - Browse here for an exciting range of other online learning activities.

[Castlemaine Art Museum \(CAM\)](#)

A series of art activities aimed at 8 years and up (suitable for adults too!) [CAM Kids art activities](#)

[Australian Ballet](#) watch performances at home on ballet TV [Australian Ballet at home](#)

[Swans for relief](#) 32 dancers from 14 countries come together in a virtual performance of Le Cygne

[Cirque du Soleil](#)

[Cirque du Soleil online](#) - Escape everyday life as you are whisked away to Las Vegas with Cirque Connect’s latest release “Mystere” An awe-inspiring performance (free 60 minute online show)

The MET Museum - Art is contemplative! Explore this Fifth Avenue New York icon from home.

[The MET art at home](#)

With the first week of spring just a blossom away, Issue 3 will highlight Art & Culture in Nature



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, staff and friends.

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