



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.

Giant bogong moth by Reko Rennie



MONDAY

START A NEW HABIT!

Connect with nature and wildlife via live streaming technology. Penguins nightly!

[Penguin Live TV](#)

[Explore wildlife Live cam](#)

[BBC earth](#)

TUESDAY 1st Sept.

CONNECT!

We will provide a wide selection of links each week covering performing arts, visual arts, literature, culture, digital and electronic arts. Spring is here! Connect with art, culture and nature!

WEDNESDAY 2nd Sept.

7pm BIG NIGHT IN

Arts and culture is alive and well, with many performances available as virtual or online experiences. Arts Centre Melbourne presents favourite Aussie musicians/performers.

[Big Night In](#)



CASTELLUCCIO, ITALY BY NICKI JACKSON

CALL FOR PHOTOS!

“Nature Nurture” project This project will bring nature inside to CHCB, contributing to mental health and wellbeing for patients and staff.

Patients, families, staff & friends - Submit your favourite nature/landscape photos and be part of this project. Email photos & description to:

artsandhealth@calvarycare.org.au

Genesis by Sebastian Selgado

“So many times I’ve photographed stories that show the degradation of the planet. I had one idea to go and photograph the factories that were polluting, to see all the deposits of garbage. But in the end, I thought the only way to give us an incentive, to bring hope, is to show the pictures of the pristine planet - to see the innocence.”

[Sebastian Salgado Ted Talk - The silent drama of Photography](#)



THURSDAY 3rd September - go national!

NATIONAL MUSEUM OF AUSTRALIA

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

[Make a bogong moth](#) - practical craft activity inspired by Reko Rennie’s moth sculpture (template provided)

NATIONAL PORTRAIT GALLERY

An amorous online adventure! Delve into an enticing array of tales of the heart. Enjoy!

[Australian Love Stories](#)

“An increasing majority of Australians (84%) recognize the positive impact of the arts on health and wellbeing.”

www.australiacouncil.gov.au/research/creating-our-future

FRIDAY 4th September 7.15pm A virtual night at the Observatory (Hosted by Mount Burnett Observatory, Livestream on Facebook)

Episode 1- a guided tour of the king of the planets, Jupiter, an introduction to Earth's place in the solar system, a little history of the observatory, the first of a series of mini documentaries about space, and some insight into how looking up to the sky can keep us grounded in this very uncertain time. Connect with family or friends afterwards to share your experience.

[Live stream on Facebook](#)

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](#)

[Learn Collage with Library Makerspace](#) (5 mins practical)

DON'T FORGET! LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

[Lunchtunes Youtube link](#) (click subscribe!)

SATURDAY 5th September

FILM NIGHT - HERE'S A FEW TO TRY - GRAB YOUR POPCORN AND SETTLE BACK ON THE COUCH!

[Forest Man a short film](#) (16mins, highly recommended!)

[Spirit Stones a short film](#) (7mins, Tropfest Australian short film festival - finalist)

[SBS on demand](#) Download from the web or the app store. Choose from hundreds of free movies.

[BBC new release Planet earth a celebration](#) Preview of new release to bring solace and joy

SUNDAY 6th September

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 6th September - Celebrate the Art of Erica McGilchrist

[Free event Glen Eira Arts](#)

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

Melbourne Symphony Orchestra (MSO)

[MSO concert streams](#) Recorded concerts available anytime online.

[MSO Stravinsky The rite of Spring](#)

MLIVE

Community-focused program at the Ian Potter Centre for Performing Arts, Monash University.

[MLive performing arts](#) (follow on Instagram, or subscribe via MLive You Tube channel)

Craft Victoria

Studio Stories - Explore the creative working spaces and studio secrets of some of Australia's most celebrated and exciting craft artists through these handcrafted virtual tours.

[Meet Maryanne Moodie a Melbourne weaver](#) - check out her East Brunswick studio and textiles

[Craft Victoria Studio Stories](#) - New studio tours are released every few days.

Museums Victoria

[Live drawing Rainbow Lorikeet](#) - Museum at home. Hands on, guided drawing activity. You will need some paper, grey lead, an eraser, coloured pencils or textas. (30-minute activity)

[Museum Victoria Collections](#) - insects, spiders, snakes, birds, invertebrates, mammals and more!

National Gallery of Victoria

Stay connected and inspired with highlights from the NGV.

[NGV online channel](#)

[NGV Audio Descriptions](#) - Enjoy 6 selected artworks with audio narrative and a paired music track

[NGV Virtual Tour - Marking Time](#) - Indigenous Art from the NGV

[New Ghost - Australian Ballet performed at NGV](#) - accompanied by Orchestra Victoria (6 mins)

Royal Botanic Gardens Melbourne

<https://www.rbg.vic.gov.au/virtualgarden/wellbeing>

[Forest Therapy](#) Unwind as you explore the beautiful green tones of the fern gully.(5 mins)

[Harp meditation](#) Enjoy the soothing virtual guided meditation by harpist Michael Johnson (8 mins)

[Branch Out - Nature Journaling with Trace](#) Be inspired to form a nature journal of your own

MOMA - Museum of Modern Art, New York

The Museum of Modern Art is a place that fuels creativity, ignites minds, and provides inspiration

[MOMA Free courses online](#) Huge variety - contemporary art, photography, fashion and more!

Cirque du Soleil (another show this week!)

CirqueConnect's TORUK, 60 min FREE online special inspired by James Cameron's film 'Avatar'.

Escape everyday life into a visually stunning universe, a mystery island called Pandora.

[Cirque Du Soleil - TORUK](#)

SAVE THE DATE - Sat 12th Sept 7.30pm A Party for Melbourne. A livestream home dance party like no other. It's free! no need to travel, bring the kids, show up in your best clothes or your pjs!

[REGISTER free event A party for Melbourne](#)



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