



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.

Daffodils by William Wordsworth (Poem read by Jeremy Irons)



MONDAY

START A NEW HABIT!

[5 mins with nature](#)

[Penguin daily dose Live TV](#)

[Poem-a-day](#)

[Art at home for families](#)

[The C word podcast](#) (C for Crazy! A popular culture social commentary podcast)

TUESDAY 8th Sept.

CONNECT!

A wide selection of links each week covering performing arts, visual arts, literature, culture, digital and electronic arts

A bit of a focus on WORDS this week. Share and chat about your discoveries!

WEDNESDAY 9th Sept.

1pm Lunchtime Concert

The sparkling overture from Rossini's opera Semiramide opens this concert. Beethoven, Dvorak and more to follow.

[ABC Classic Free lunchtime concert](#)



VOGUE AUSTRALIA

As part of the global September issue, all 26 editions of Vogue have united behind the theme of hope, with each producing a cover that reflects longing for a recovered future. Vogue Australia collaborated with the National Gallery of Australia to commission artist Betty Muffler - to bring hope and healing from the heart of her Country.

BETTY MUFFLER - ANANGU / PITJANTATJARA WOMAN AND SPIRITUAL HEALER

Bibliotherapy = book therapy

Bibliotherapy with State Library Victoria is a free, facilitated self-reflective approach, using stories and poems read aloud over a series of podcasts, to give everyone access to literature's healing power. Episode 1 'Reality' was released on Saturday 5th Sept, with weekly episodes to follow.

Episode 1 features 2 readings: 'Sonnet' and 'Invictus'

[Listen to Bibliotherapy](#)

['Invictus' read by Morgan Freeman](#)

I am the master of my fate
I am the captain of my soul

'Invictus' by William Ernest Henley, 1875



THURSDAY 10th September

STATE LIBRARY VICTORIA, 9AM FREE EVENT
[Signposts, Stories for our fragile times](#)

THE MET, NEW YORK

The Atelier with Alina Cho: Stories and insights on racial diversity in fashion, the current moment and hopes for the future with Bethann Hardison, Naomi Campbell and Iman.

Released for viewing 10th September (Aus time)

[The MET Free lecture](#)

“State arts and cultural resources are among the most powerful and readily available resources for addressing social isolation”

From: Mobilising Arts and cultural assets in response to COVID-19. University of Florida, Centre of Arts in Medicine 2020

FRIDAY 11th September 12.00-1.00pm

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

[Lunchtunes Youtube link](#) (click subscribe!) Make a song request, enjoy our own music therapists in action!

THE AUSTRALIAN MUSIC VAULT

Fascinating interviews capturing and sharing great Australian music stories.

[Meet Judith Durham](#) (interview) or read about [Helen Reddy - I am Woman](#)

[Meet Colin Hay](#) - Scottish born, Aussie-made music legend, “Down under”

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 12th September 7.30pm

FREE VIRTUAL HOUSE PARTY FOR MELBOURNE - IT'S DANCE TIME!!

Hosted by Melbourne Food & Wine Festival. Attica x The Avalanches with DJ Soju gang. Everyone is invited! A party for Melbourne. A livestream home dance party like no other. It's free & no need to travel! Join in with friends or your kids, show up in your best clothes or your pjs! Music, dance and social connection - great for physical and mental health!

[Free event 'A party for Melbourne' Register here](#)

SUNDAY 13th September 3.00pm

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 13th September - FREE online event. Japanese Koto Concert

Brandon Lee, local Japanese koto (zither) maestro, performs music and answers your questions.

[Japanese Koto Concert Register 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

ABC Classic Live concert series

[ABC Classic LIVE MUSIC](#) - Listen Live this week. Monday to Friday at 1.00pm or 8.00pm.

State Library Victoria (SLV)

While our doors are closed you can still enjoy the best we have to offer from your lounge room

[Library in your lounge](#) - You choose how to connect: Listen, read, view, learn, interact, share

[Visit the domed La Trobe Reading room](#) - voted "everyone's favourite" library space

[Citizen collector Toolkit](#) - how to store your precious books, photos and documents (4 min video)

[Magic tricks: Learn the art of Deceptology!](#) - join 'Tricky Nick' in 4 short videos to learn some magic tricks as well as the science behind the magic. Don't miss the activity pages to download.

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 Damien Wright furniture craftsman](#) - Melbourne based award-winning wood craftsman

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

Wheeler Centre

[Fire Front: First nations Poetry and Power Today](#) - listen to this broadcast from the Wheeler Centre

National Gallery of Victoria

Stay connected and inspired with highlights from the NGV.

[NGV online channel](#)

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

From our House to Yours

The Sydney Opera House Digital Season - here's a selection for all ages and interests!

[Missy Higgins Live from the Forecourt](#) - contemporary music favourite

[Handel's Messiah in AUSLAN](#) - classical music, a collaboration with Accessible Arts

[There's a sea in my bedroom](#) - Discover new music for young and old in this exclusive digital performance of the storybook "There's a sea in my bedroom", weaving storytelling with an original score performed by the ACO for families, a collaboration with the Australian Chamber Orchestra

[Free Film Autopsy on a dream](#) The extraordinary, dramatic story of the building of the Opera House

[OperaHarmony](#) is a digital opera season created during COVID-19 confinement. A series of short 10 minute creations exploring new mediums and creative methods for artist collaborations during lockdown. The 8 finalists are an amazing mix of theatre, drama and opera. View via this link.

[OperaHarmony Isolation project finalists](#)

Cirque du Soleil - highly recommended viewing

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](#)



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