



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 from Mornington Peninsula Regional Gallery: MPRG 50 - celebrating 50 years.



MONDAY  
**START A NEW HABIT!**  
[BBC mindful escapes](#)  
[Penguin daily dose Live TV](#)  
[Poem-a-day](#)  
[Revisionist History podcast](#)

TUESDAY 15th 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 16th Sept.  
**7pm BIG NIGHT IN**  
 Arts Centre Melbourne presents favourite Aussie musicians/performers. Digital season 2, episode 2 featuring the Aussie Pops Orchestra and special guests to entertain  
[Big Night In](#)



**GONDWANA**  
 Founded in 1989, Gondwana choirs comprises the most accomplished choral groups of young people in Australia.  
[Junior Gondwana National Choral School](#)  
[Our Song Gondwana Choir](#)  
[Chasing cars Gondwana Choir](#)

## 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 2 'Press Pause' was released on Saturday 12<sup>th</sup> September

Episode 2 "The Gift of space" adapted from "The other room" by Rob Parkinson, and "Quiet" a poem by Cate Kennedy from her collection "The taste of river water"

[Bibliotherapy Episode 2](#)



### THURSDAY 17<sup>th</sup> September 7.30pm

Don't miss this one! The MSO joins forces with the community for a mass choir performance of Paul Kelly's Leaps and Bounds, an ode to Melbournians in lockdown.

[Leaps and Bounds Virtual performance](#) - New release!

**"Music gives a soul to the universe,  
wings to the mind,  
flight to the imagination and  
life to everything"**  
Plato

### FRIDAY 18<sup>th</sup> September 12.00-1.00pm Lunchtunes

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!

ABC Radio Melbourne

[Collie and Cass A radio play](#) - a comedy about a mother and daughter's weekly zoom session.

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 19<sup>th</sup> September 7.30pm

THE MORNINGTON PENINSULA - A VIRTUAL SATURDAY VISIT

[Gordon Glass Glassblowing studio](#) (7 min video) Visit this fascinating studio in Red Hill.

[Mornington Peninsula Regional Gallery](#) - MPRG series of artist and exhibition videos

[Creative activities for kids, teens and adults](#) - MPRG has a great range of hands-on art activities

## SUNDAY 20<sup>th</sup> 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 20<sup>th</sup> September - FREE online event. Eddie Tamir, owner of Elsternwick Classic cinema produced "8k radius Where are they now?" - A 30 minute documentary film featuring 9 short stories of Glen Eira locals. Fantastic cinematography and lots of AAH! moments. Don't miss it!

[Watch 8k radius](#)

## 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

### ARTS CENTRE MELBOURNE

A dedication to musical theatre taking a look at some of the much-loved musicals shown in Melbourne in the last decade, including Phantom of the Opera, Billy Elliot, My fair Lady and more.

[Keeping the Curtain Up](#) (1 hour 30 minutes of amazing online entertainment, don't miss it!)

### 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

### WE THE MAKERS

Geelong Regional Gallery presents We the Makers as part of the 2020 Design Festival.

[Creative mending FREE class with Ruth Woods](#) - learn skills to mend and patch with style!

[Refashioning a t-shirt FREE class](#) - a great way to reduce fashion waste & diversify your wardrobe

[Inspiration at Home](#) - a series of short videos giving you tons of inspiration to get creative at home

## CHOIRS galore

Enjoy the popular Royal Melbourne Hospital's "Scrubs Choir" using the power of music to lift Melbourne's spirits.

[I'll stand by you](#) Scrubs Choir 2.0 released last week singing The Pretenders "I'll stand by you"

[Count on me](#) Scrubs Choir first performance, singing Bruno Mars "Count on me"

Enjoy some of the many local and international choir performances accessible online

[Gondwana Collective in Isolation](#) Stories from Gondwana students around Australia.

[The lion sleeps tonight](#) Boys' Choir Dagilelis - Amazing!

[Hallelujah \(Leonard Cohen\)](#) Canadian Virtual choir

[All of me](#) - the world-famous Stellenbosch University Choir

## National Gallery of Victoria

Stay connected and inspired with highlights from the NGV.

[NGV online channel](#)

## From our House to Yours

The Sydney Opera House Digital Season - a selection to suit everyone

[Nooks and Crannies live music tour](#) - contemporary music & video celebrating iconic architecture

[6 of the best Music videos](#) - The Seekers, David Bowie, Cold Chisel, Kylie, Phil Collins & Flume

[The tap pack](#) - Get ready for some slick suits, classic tunes and magic moves!

[An artist's guide to live streaming](#) - Learn how to go online with tips from the Sydney Opera House

## Together in Art

Hyper-linked is an exhibition for the digital realm by seven Australian artists. Each is alert to the paradoxical fact that we are experiencing mass disconnect in an age of hyper-connectivity,

[Together in Art "Hyper-linked"](#) (supported by the Art Gallery of NSW)



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](mailto:artsandhealth@calvarycare.org.au)