



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.

Archibald Prize Winner 2020. Vinent Namatjira for his portrait of Adam Goodes titled "Stand strong for who you are"



MONDAY 28<sup>th</sup> Sept.

**START A NEW HABIT!**

Discover a new podcast

[BBC mindful escapes](#)

[Penguin daily dose Live TV](#)

[Fuse Darebin Author talks](#)

TUESDAY 29th Sept.

**CONNECT!**

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

Connect with family and friends to share and chat about your discoveries!

WEDNESDAY 30th Sept.

**7pm BIG NIGHT IN**

Series 2 Episode 4 livestream

[Arts Centre Big Night in](#)

**WHEELER CENTRE KIDS**

1.00 -1.30 Hands-on workshop

[Take Heart Take Action - free](#)



**VIC NATURE FESTIVAL**

We're making it easy for you to connect with nature online with a huge range of free events for everyone. Connect to country, take a virtual tour of the zoo, or try some creative hands-on nature activities.

[VIC Nature Festival](#) 28 Sept - 11 Oct 2020

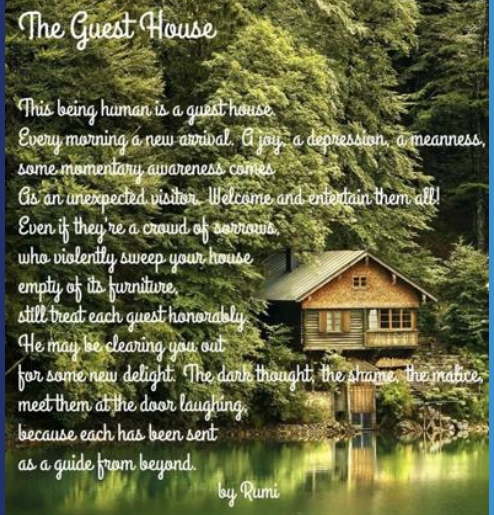
Listen and watch: [Pleasure Garden](#)

## 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 4 'Letting go and letting in' was released on Saturday 26<sup>th</sup> September.

Episode 4 - Letting go and letting in. Featuring two readings: a poem by Rumi "The Guest house" and a story "Missed Connections" anonymous

[Bibliotherapy Episode 4](#)



### THURSDAY 1<sup>st</sup> October

If you're missing the amazing sights Melbourne has to offer, try a virtual tour! Explore the iconic spaces, stunning architecture and learn more about the unique features of Fed Square - all from the comfort of your home.

[Federation Square Virtual Tour](#)

**“The transformational power of the arts is undeniable. Sometimes a remedy is composed of equal parts medicine and art.”**

Centre for Arts in Medicine, University of Florida.

### FRIDAY 2<sup>nd</sup> October

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

[Lunchtunes at Bethlehem YouTube channel](#) Our very own talented music therapists!

ABC RADIO MELBOURNE - THE FRIDAY REVUE AT 12.30pm weekly

[The Friday Revue](#) An entertaining mix of stories, music and views that shaped that week.

ALFRED HEALTH CARER SESSION 2<sup>ND</sup> OCT 11.00 -12.00

'Treat with Jo' - mindfulness and relaxation workshop with mindfulness guru Jo Gibbs

[Treat with Jo](#) - scroll through the program (register before 2<sup>nd</sup> October to participate)

## SATURDAY 3<sup>rd</sup> October

MORE OF REGIONAL VICTORIA - A VIRTUAL SATURDAY VISIT

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

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

## SUNDAY 4<sup>th</sup> October

### BOTANIC GARDENS

['New Shoots' Poetry readings](#)

A Garden of poems inspired by plants and place to deepen cultural connections with nature. Pause and listen to 10 Victorian poets read their poem from Melbourne's Royal Botanic Gardens.

[Orchids Unveiled](#) 7-minute video from Cranbourne Botanic Gardens

## 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

### McCLELLAND GALLERY

The unique bushland setting is a nature and art wonderland. Take a look at two online offerings: 'Inspired Minds' is an art and wellbeing series developed by McClelland Sculpture Park & Gallery 'McClelland from Home' is a thought-provoking series offering practical activities for all ages.

[McClelland Gallery Online Series](#)

### 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

### DAREBIN FUSE FESTIVAL

Darebin Fuse - "We believe that art is for everyone. We celebrate participation from all ages, genders, ethnicities, sexualities and abilities. No matter who you are, you're sure to find something that moves you, speaks to you or connects you." Check out the extensive program here:

[Darebin Fuse Festival What's on](#)

[Hearts In Isolation - free activity to do at home](#)

## The Australian Music Vault

Banding Together is the music community's stories; the Australian Music Vault has simply helped capture them. Insightful stories, featuring interviews with many of the music industry greats.

[Banding Together - Watch Episode 1 here](#) (17-minute video - The silent voice)

This episode describes the music industry before COVID-19 and the new challenges they face.

[Banding Together - Watch Episode 2 here](#) (17-minute video - ISOL-AID)

## National Gallery of Victoria

Stay connected and inspired with highlights from the NGV.

[NGV online channel](#) Stay connected and inspired with highlights from the NGV.

“Seniors tea with NGV” - Wednesdays 10.30am -11.15am. Discover artworks from the NGV depicting work and leisure. Settle in with a cup of tea and enjoy these informal online sessions exploring art together.

Free event but you must pre-register online to participate. Book now for Wed. 14, 21 or 28<sup>th</sup> Oct. These events fill fast, don't miss out! (Earlier dates already booked out)

[Seniors tea with NGV - book here](#)

## Alfred Health Carer Services

A great range of free online events for carers. Register online or ring 9076 6644 for help to register and participate. Weekly coffee catchups, qigong, mindfulness and more. Check out the program!

[Events Program Sept - Nov](#)

## Aotearoa - NZ 'Show Me Shorts' - Film Festival Oct 2<sup>nd</sup> - Oct 28<sup>th</sup>

Don't miss these 5 short animations that were created in isolation. Inspired by the outbreak, these snack-sized films touch on themes we've seen emerge in the last months. For many of us it felt like the world changed overnight. Between sudden scares, the weight of living with uncertainty and the great toilet paper shortage, there's a lot to delve into!

[Animation in Isolation](#)



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)