



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.

The Royal Exhibition Building turns 140! Image Source [Wikipedia](#)



MONDAY 5th Oct.

START A NEW HABIT!

Try a new podcast every Mon.

Hot tip! the latest episode of Desert island Discs features Cat Stevens.

[Broadly Speaking](#)

[Books & Ideas at Montalto](#)

[Desert Island Discs](#)

TUESDAY 6th Oct.

CONNECT!

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

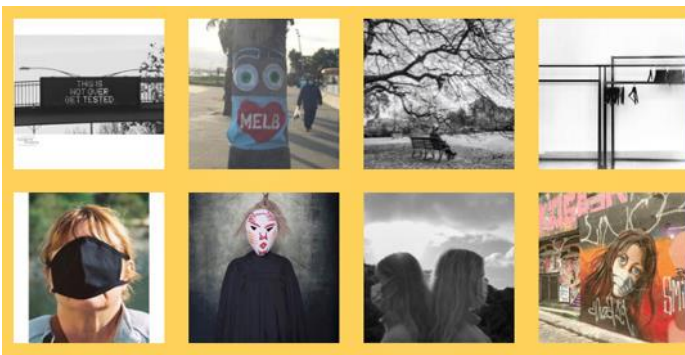
Connect with family and friends to share and chat about your discoveries!

WEDNESDAY 7th Oct.

Portrait of Humanity

The world's first exhibition in space! Don't miss today's film launch showcasing images celebrating humanity, screened against the backdrop of the earth below. Wow!

[Film - Portrait of Humanity](#)



MASS ISOLATION AUS

Ballarat International Foto Biennale has partnered with the International festival of Photography in Ireland to create a visual record of life during the COVID-19 pandemic. Anyone can participate by uploading your own images to Instagram. Take a look! Follow on Instagram @massisolationaus

[Mass Isolation AUS](#) (website)

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 5 'Harmony' was released on Saturday 3rd October

Episode 5 features two readings "A poison tree" by William Blake (1794) and "The exalted rhythm" by Liliane Grace.

[Bibliotherapy Episode 5](#)



THURSDAY 8th October

On Sunday 4th October, David Attenborough released "A life on our planet" Watch this powerful film; his witness statement and his vision for the future. Available now on Netflix (see trailer below)

[A Life on our Planet Trailer](#) (2 mins)

[What a wonderful world](#) (2 minute video)

[Top 5 David Attenborough moments](#) (20 minute video)

[Q&A with Princess Charlotte and Prince George](#) (3 mins)

"People must feel that the natural world is important and valuable and beautiful and wonderful and an amazement and a pleasure" David Attenborough

FRIDAY 9th October 12.00-1.00pm Lunchtunes

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

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

Australian Chamber Orchestra Homecasts

If our lunchtunes has got you in a musical mood, try some ACO homecasts available on demand. The latest offering is William Barton's "Didge Fusion" which premiered last week.

[ACO Homecasts](#)

["Didge Fusion" William Barton and the ACO](#)

STATE LIBRARY OF VICTORIA - CREATIVE TECH FRIDAYS

Watch recordings of this weekly video series to learn tips and tricks for creative digital content

[Creative Tech Friday - Sampling sounds](#) - Do you have some creative ideas formed during lockdown? Check out this Pocket device available for use when Yarra Libraries re-open.

SATURDAY 10th October

A VIRTUAL SATURDAY VISIT TO REGIONAL VICTORIA

Take a virtual visit or look for ideas for a Victorian road trip when restrictions ease.

[The Silo Art trail](#) - celebrates the rich heritage of Victoria's Wimmera/Mallee region

[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 11th October

MET OPERA - WAGNER WEEK

Like many of his German Romantic contemporaries, Wagner found great inspiration in Scandinavian mythology, whose stubborn and intemperate gods and goddesses stirred up enough drama to fuel many hours at the opera.

This week of free streams features seven of Richard Wagner's awe-inspiring masterworks, including all four instalments of the epic *Ring* cycle in classic telecasts of Otto Schenk's historic staging (pictured). Enhance your viewing experience with a curated collection of related content, including articles, videos, podcasts, and more.

Today is the final day of Wagner Week which has seen a new Wagner performance released daily since Monday 5th October. Watch them all or experience today's release of "Parsifal".

[MET Opera Guide to Wagner Week](#)

[Wagners leitmotifs](#) (5 min video)

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

[MET MUSEUM \(the Metropolitan Museum of Art\)](#)

5,000 years of art online. How do you want to experience it today? Explore, learn, or feel inspired!

[MET ART AT HOME](#) There is so much to see and do!

From the vaults - each week MET brings you a new film from their extensive archive. Start with a history of cats!

[From the Vaults - a history of cats in art](#) (24 minute video)

[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!)

WE THE MAKERS

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

[Meet the Makers](#) - featuring the work of 21 professional fashion designers

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

[Electrical wire jewellery](#) - free class. Register here

CRAFT CONTEMPORARY

A month long online festival run by Craft Victoria exploring how craft is evolving across jewellery, objects, furniture, fashion and contemporary arts. Virtual exhibitions, studio tours and satellite events. Check out the website and full program here.

[Craft Contemporary 1-31 October](#)

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. Here are 2 new releases:

[In the Mood](#) Recently released for on demand viewing. In The Mood – A Love Letter To Wong Kar-Wai & Hong Kong. A theatrical musical set and 60's inspired costumes

[Humour Us](#) - Bec Charlewood and Rosie piper - rising star comedians (warning strong language)

ROYAL EXHIBITION BUILDING TURNS 140!

The jewel in Melbourne's skyline was designed for the 1880 Melbourne International Exhibition. Explore the grandeur of this World Heritage icon, one of the last remaining Palaces of Industry.

[Virtual Tour Royal Exhibition Building](#)



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