



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.

'Richmond fans, Grand Final, MCG' 1974 by Rennie Ellis, from the MGA Collection



MONDAY 26th Oct.

START A NEW HABIT!

Try a new podcast: here's a variety to try!

[Ted Talks Daily](#)

[Australian True Crime](#)

[S. West Pandemic Poems](#)

[TOFOP](#)

TUESDAY 27th Oct.

CONNECT!

Well done Richmond Tigers! Back to back premiers in 73/74 and again in 2019/2020.

Sport brings connection, and joy & holds a significant place in Australian culture.

[Rennie Ellis: Sporting Life](#)

WEDNESDAY 28th Oct.

AFL inspired music

As the AFL season draws to a close, farewell your team with theme songs performed by (MSO) for you at home or listen to Paul Kelly at the MCG [MSO AFL theme songs](#)

[Paul Kelly at the MCG 2019](#)



Kevin Sheedy, After the Game 1973 by Rennie Ellis

MONASH GALLERY OF ART (MGA)

"Rennie Ellis's 'Richmond Fans, Grand Final, MCG' (1974) is one of the most famous photographs of the most important date in the Australian Football calendar: Grand Final Day. It encapsulates the centrality of clothing and colour to the tribalism of football fandom - in particular among 'cheer squads'. These images exemplify the unique ability of still photography to render human physicality and a moment in time." (MGA). [Jump online to see more great images](#)

[Monash Gallery of Art Collection](#)

The story of Phar Lap

With the 2020 Melbourne Cup approaching, we are reminded of Phar Lap, Australia's most famous racehorse, the champion that Australians needed during the Depression. His victory in the 1930 Melbourne Cup as the shortest priced favourite in the race's history made him a household name. Letters, objects, articles and photos, are displayed along with Phar Lap himself, at Melbourne Museum. The Collection can also be viewed online.

[Museums Victoria Collections Phar Lap](#)

Photograph - Tommy Woodcock, Phar Lap, Agua Caliente, 1932.
Source: Museums Victoria (Public Domain)



THURSDAY 29th October (or anytime!)

[Isolate with Linden](#) - The Linden team in St Kilda is happy to share some great ideas and activities while they're closed.

- Activities for kids
- Favourite podcasts
- Take care of yourself and your family
- Add a bit of art and craft in your life
- A few links from the art world - see example below

[The Garifuna Collective - Black catbird](#)

“Sound Mind is a joyous celebration of the power of storytelling and live performance to connect, empower and inspire us.”

Arts Wellbeing Collective

FRIDAY 30th October 12.00-1.00pm Lunchtunes

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM
Let us know if you have a song request and we'll play it for you!

[Lunchtunes@bethlehem](#) - performed by our talented Music Therapy department

(subscribe to our youtube channel or Calvary Health Care Bethlehem Facebook page)

Arts Centre Melbourne - Aussie Pops Orchestra

Highlights from the 'Big Night In' Aussie Pops Orchestra - an incredible playlist featuring the most popular hits performed during Melbourne's Stage 4 restrictions.

Don't miss this 45 min video available for a limited time - Viewing opportunity expires tomorrow, 31st October!!

[Aussie Pops Orchestra](#)

SATURDAY 31st October - Halloween!

[Halloween Aradale Live Ghost Tour stream](#) If you want a dose of goblins and zombie tales, join this guided free tour of Ararat Lunatic Asylum, streaming live from 8pm. Click on link for details.

Or try something new

This Halloween join ACMI and pop-culture queen Maria Lewis to rediscover the horror classic film Candyman (1992). Note: may require some technology assistance as you need to rent or stream the film on your device or TV and follow the ACMI watch party at 7pm via Twitter. See link.

[ACMI watch party 7pm - Candyman](#)

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

Australian Centre for the Moving Image (ACMI)

Victoria on Film - A fortnightly series. From Crackerjack to The Dressmaker, audiences can look back at some of the state's most iconic movies with Victoria on Film, produced by ACMI and Film Victoria, each episode is approx. 25 mins long, featuring critiques, interviews, movie clips and behind the scenes insights and sharing of memories. Highly recommended!

[Victoria on Film: Episode 1 Crackerjack](#)

[Victoria on Film: Episode 2 Ali's Wedding](#)

[Victoria on Film: Episode 3 Mary and Max](#)

Each week the Melbourne Cinematheque Committee and ACMI's Film Department also presents a carefully curated program that showcases classic and contemporary films on specific directors, performers or a thematic. Note the current Jean Epstein films end on 27th Oct so be quick!

[ACMI Virtual Cinematheque](#) 21-27 Oct. The works of Jean Epstein, 1920s French film culture (these free films are screened in original language but English subtitles can be selected)

Victoria Together - Sound Mind

Sound Mind was launched this month on World Mental Health Day in partnership with the Arts Wellbeing Collective. This series of music and conversation explores mental health and the performing arts, celebrating those things we love about performance - connection, meaning, purpose, engagement, sharing and storytelling, while also sharing personal stories of mental health and wellbeing.

[Sound mind: Episode One: Embrace](#) Hosted by Gorgi Coghina, this episode features four powerhouse performers- Jude Perl, fem Belling, Alinta Chidzey and Casey Donovan.

[Sound Mind: Episode two: Tame](#) This episode features Maggie McKenna and James Majoos. Maggie and James have collaborated on an original piece for Sound Mind from the confines of their respective homes amidst the recent Melbourne lockdowns

National Library of Australia

Ellis Rowan (1848-1922) is one of Australia's most celebrated artists. Best known for her striking wildflower paintings—many of which are held by the National Library of Australia—Rowan also had an interest in birds. In 1916 and 1917, when she was almost 70 years old, she had the opportunity to fulfil a long-held desire to spend time painting professionally in New Guinea.

[Birds of Paradise: Ellis Rowan in New Guinea](#) (online tour - 9 minute video)

Koorie Heritage Trust

This collaboration with The Sharing Stories Foundation aims to share cultural stories with the wider community. Interact with Victorian communities to share their stories

[Koorie Culture Map](#)

CHOIRS

[Come and Meet me in the middle of the air](#) - Listen to the stirring performance by George Stirling, Australian Boys Choir, and reflect on our collective resilience as Melbourne begins to re-open.

[You'll Never walk alone](#) - Virtual Choir, 15 countries, 300 performers!

[Here comes the sun](#) - performed by Camden Choir during lockdown

[Hallelujah](#) - from Handel's Messiah, performed by the Royal Choral Society in isolation, determined not to break a 144 year tradition of the Royal Albert Hall, welcome the virtual choir!

[Happy Together](#) - Here's to feeling happy together - thanks to the Couch Choir, 3222 everyday people sharing a slice of their lives as they join together to sing this classic by The Turtles.

[Somewhere over the rainbow](#) - Happiness is infectious! A public singalong on a train, pre-COVID!

NOWNESS - Just Dance Series

A series of short energetic videos. Genre-busting choreography. Be amazed!

[Just Dance](#)

[Dance: Spider of Milena Sodorova](#)



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