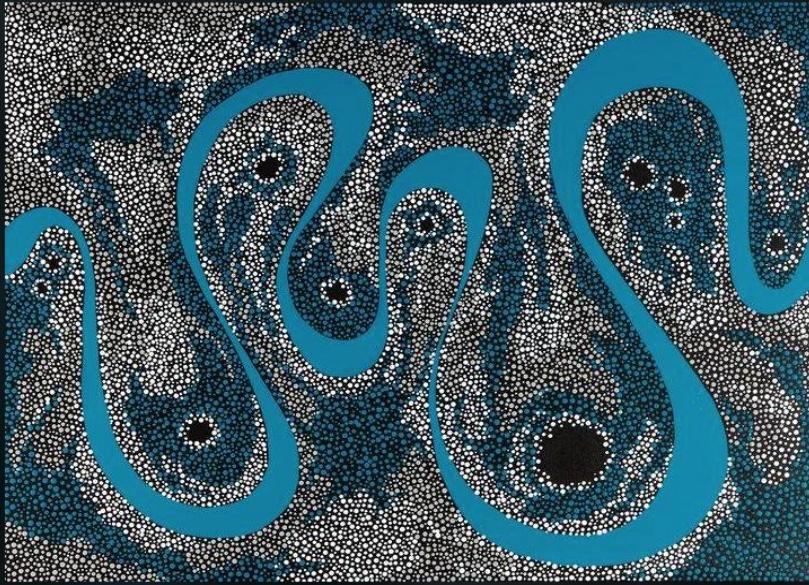




Arts And Health = AAH! an exclamation of surprise, amazement, wonder or joy!

Research shows us that experiencing or participating in art and culture is great for our health.

Calvary Health Care commissioned Thomas Croft, a Barnjarla man born in Whyalla, to create an artwork that reminds us that we heal when we celebrate our First Peoples as a river offering life to our communities



NAIDOC WEEK 8-15 NOV

“Always was, always will be” NAIDOC week 2020 invites all Australians to embrace the true history of this country.

[Victoria Together NAIDOC week events](#)

[NAIDOC week Dance and Song workshops \(daily\)](#)

CONNECT!

“Social connection is good for our mental health, can lower anxiety and depression, help us regulate our emotions, and lead to higher self-esteem and empathy” Victoria Together

[Connecting with others](#)

REMEMBRANCE DAY

WED 11th Nov. 10.55-11.30

For Remembrance Day, NGV curators introduce a selection of works by official war photographer Frank Hurley & artists Penleigh Boyd and George Lambert. Book below [NGV Australian Artists & WW1](#)



WORLD WAR I ARTISTS

A sergeant of the Light Horse by George Lambert is a tribute to a type of Australian, who became part of the national mythology during the First World War: the Light Horseman. The work was purchased by the National Gallery of Victoria and featured on a one dollar stamp produced in 1974.

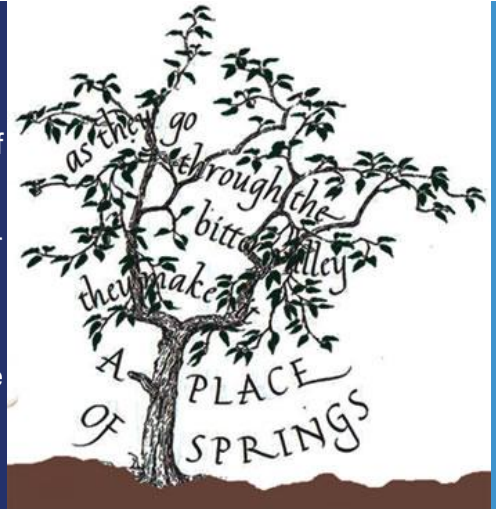
[George Lambert the artist](#) (NGV, 3 min video)

Mary Potter's pear tree

Mary Potter and the early Sisters had a pear tree in the garden of the first Little Company of Mary convent at Hyson Green in Nottingham, England. As the beautiful tree grew, so too did the Little Company of Mary. The first LCM Sisters sat under this pear tree to pray, to plan and to celebrate.

For Calvary, the pear tree is a symbol of our commitment to continue the mission and vision of Mary Potter by being a source of hope, healing and nurturing to the people and communities we serve.

Drawing of the pear tree by Marie Angel, great-niece of Venerable Mary Potter.



THURSDAY 12th November

Calvary Bethlehem celebrates Venerable Mary Potter

Mary Potter, founder of Little Company of Mary (1877), inspires us to celebrate life and support others in life and death - to go where need is greatest. We honour her life and the founding of the Little Company of Mary, by expanding the heart of Calvary and its mission through celebration of her vision and extending compassionate care to others. Read the story of Mary Potter below, written by Moira Tohill, published for the LCM in 1999.

[The Venerable Mary Potter](#)

“Thank God always for the happiness and beauty of life; it is beautiful.”

Venerable Mary Potter's last words

FRIDAY 13th November

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)

NGV Art of Emotion - Live stream Fri 13 November 2.00pm - 2.45pm

Presented as part of NAIDOC week, NGV Curator Myles Russell-Cook explores melancholy through the art of Destiny Deacon whose work sits in the uncomfortable yet compelling space halfway between comedy and tragedy. Offering a nuanced, thoughtful and, at times, intensely funny snapshot of contemporary Australian life

'I like to think that there's a laugh and a tear in each picture' - Destiny Deacon

[NGV Art of Emotion](#) (Free event, Access the video 10 mins beforehand. The video stream will start automatically once the event begins. If you do not see or hear the speakers at the program start time, press play)

SATURDAY 14th November

Melbourne Symphony Orchestra Sat 14th Nov, 1pm - 3pm

MSO world premiere – Beethoven's last Symphony, with Yorta Yorta soprano, composer and educator Deborah Cheetham. Program as follows:

Deborah Cheetham: *Long time living here* followed by *Dutala - Star Filled Sky*

Ludwig van Beethoven: Symphony No. 9 in D Minor, Op. 125

[ABC - MSO lunchtime concert](#)

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. look back at iconic movies, produced by ACMI and Film Victoria, each episode approx. 25 mins featuring critiques, interviews, movie clips and insights.

[Victoria on Film: Episode 4 Miss Fisher and the crypt of tears](#)

Other interesting offerings from ACMI

[Sunday in Melbourne](#) - loneliness and companionship. Award winning 22 mins short film, 1958

[NAIDOC week Dance and Song workshops](#) - online, twice daily until 13 Nov (10am and 6pm) Free

National Gallery of Victoria (NGV)

Feel like creating your own work of art? Try this online tutorial with artist Laith McGregor

[Online Tutorial Drawing portraits](#) (13 minute video - practical activity)

Cirque du Soleil - be amazed! New release fan-favourites

[Cirque du soleil - 60 min special - VAREKAI, ALEGRIA, QUIDAM](#)



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