



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.

What brings your community together? Clip from the video Yo-Yo Ma - Bach: Cello Suite No. 1 (link on pg. 2)



AAH! ARTS AND HEALTH

Welcome to Issue 11

Experiencing the arts and cultural events helps us engage with others, express emotions and understand ourselves & the world more fully. I hope you find your AAH! moment in this issue.

CONNECT!

Cooped up in our homes for much of 2020, we discovered new ways of connecting with others. Victoria together is here to connect, inspire, entertain and inform. There's something for everyone!

[Experience Victoria Together](#)

Art and culture in 2020

Issue 11 celebrates the joy, wonder and inspiration that arts and cultural experiences provides us. We hope you have enjoyed the many resources that were so generously shared online by arts organisations worldwide.



WATCH ANYTIME MOVING ART BY LOUIE SCHWARTZBERG

[Hidden miracles of the natural world](#)

[Moving Art - The beauty of pollination](#)

Wonder and awe - Art and science collide in time-lapse and slow-motion cinematography

YO-YO MA - Culture connects us

In his mesmerising video, Bach: Cello suite No. 1, the famous cellist conveys a powerful message “Culture - the way we express ourselves and understand each other can bind us together as one world.” The video was put together from clips that were sent to Yo-Yo Ma’s team in response to the prompt ‘Show the world how you express yourself and what brings your community together’. Watch the video below and learn more about his Bach project and ‘days of action’.

[Yo-Yo Ma - Bach: cello Suite No 1](#)
[The Bach project](#)
[Classic FM interview with Yo-Yo Ma](#)



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 & ACTIVITIES

Sydney Opera House - From our House to Yours 2020 Highlights

A massive positive in 2020 was the stellar free online content as arts organisations around the world pivoted from live events to the online, with Sydney Opera House launching its digital platform ‘Our House to Yours’. Take a look at the most read, listened to and watched of our digital offering in the new world.

[Nick cave and Warren Ellis perform Push the sky away](#) Most watched video, cue the boosebumps

[Most popular livestream](#) A snippet of The Wiggles livestream singing “Social distancing”

[Most read - Trials of wisdom](#) The hugely popular virtual escape room - try it with your family!

[Most listened to podcast](#) It’s a long story - Tina Tchen - The daughter of Chinese immigrants, Tina has forged a career as a lawyer/activist focused on gender equity issues for over three decades

[MSO Chorus 2020 Virtual Choir](#) - take a look back at the amazing choir performances of 2020

[Handels' Hallelujah 2020](#) Released on 17th Dec. Spot our own neuropsychologist, Jodi Samartgis!

[Paul Kelly's Leaps and Bounds](#) In case you missed it - a Melbourne 2020 lockdown special!

[Waltzing Matilda](#) - Anzac Day 2020 Virtual performance

[Be still my soul](#) Anzac Day 2020

[Bangarra Dance Theatre](#) - the famous indigenous Australian contemporary dance company

[Working together Apart](#)

[Bangarra Dance Theatre Unaipon e-resource](#) (6 min video)

Australian Centre for the Moving Image (ACMI)

Re-opening on Feb 11, 2021, ACMI continues to offer a range of free content on its digital platform [The Story of the Moving Image](#) - discover how screen culture has shaped who we are, how we see ourselves and how the rest of the world sees us.

National Gallery of Victoria (NGV)

Finally, the NGV has re-opened it's doors with a free spectacular exhibition for Melbourne.

Can't get in there, don't fret, NGV is now an expert in virtual tours and online content!

[NGV Triennial Virtual Tours](#)

[Watch Nature Recorded](#) - A conversation with Turkish artist Refik Anadol who used more than 200 million nature-related images from the internet. Inspired by the movie "Blade Runner", Refik has created an audio-visual artwork that will blow your mind with the imaginative use of advanced computer technologies. "Data is the pigment"

[Top Arts 2020 Virtual Tour](#) - Top Arts 2020 celebrates the exceptional and thought-provoking work of VCE Art and Studio Art students. Drawn from a range of media and schools, this work is a testament to the creativity and resilience of VCE students working remotely during 2020.

Cirque du Soleil - be amazed! New release

[Spotlight on "O" Cirque du Soleil](#)

Released on 5th December this 30 minute video is an enthralling tribute to the beauty of water.

Victoria Together - All the best virtual animal experiences

[Virtual animal experiences](#) - Nature, animals and pets have helped us through 2020. Check out the online animal experiences to meet your cute and cuddly needs. Cuteness overload alert!

FRIDAY LUNCHTUNES - weekly livestream at Bethlehem

Lunchtunes will return in 2021 after a well-earned break over Christmas/New year. A big thank-you to our music therapy department for your commitment to this popular weekly event in 2020.



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