



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.

Rickett's Point, Beaumaris: Home of the Bunerong people of the Kulin Nation
 Australian Impressionism: Rickett's Point by Charles Conder (1890) Purchased in 1951 by National Gallery of Victoria



AAH! ARTS AND HEALTH

Welcome to Issue 12

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!

Discover something new. Victoria Together is here to connect, inspire, entertain and inform. With some of Victoria's greatest digital experiences, there's something here for everyone!

[Experience Victoria Together](#)

National Reconciliation

Week 27 May - 3 June

A chance for all Australians to celebrate Aboriginal and Torres Strait Islander Culture

[National Reconciliation Week](#)

[Kingston Local History](#)

[Geelong Town Hall Projections video](#)



ARCHIBALD PRIZE 2021

[Archibald Prize entries 2021](#)

938 entries, 52 finalists selected. For the first time there is gender parity for artists selected as finalists: 26 women and 26 men.

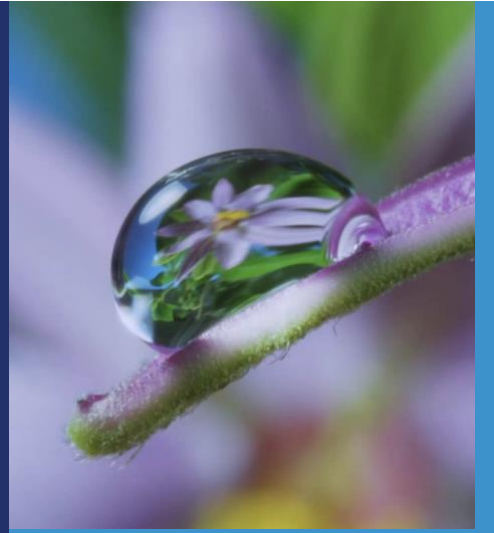
'Making Noise' a portrait of Grace Tame by Kirsty Neilson

Gratitude: by Louie Schwartzberg

Nature's beauty can be easily missed - but not through Louie Schwartzberg's lens. His stunning time-lapse photography, accompanied by powerful words is a meditation for every day. The invitation: Open up your heart and feel grateful for this day, the beauty of this planet, the people we meet.

"You think this is another day in your life, it's not just another day, it's the one day that is given to you, today. It's given to you, it's a gift, it's the only gift that you have right now and the only appropriate response is gratefulness."

[Gratitude: TEDx](#) (short film, 10 mins)



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

Museums Victoria

Discover moments of wonder and adventure. Enjoy joyful moments with friends, treasured moments with family, or a moment, just for you

[One Year On: Photography Exhibit](#) Stories of COVID-19 in Melbourne's suburbs

[Our Dynamic Earth](#) A stunning exhibition that uses cutting edge technology to tell the story of our ever-changing planet

[Marvellous Melbourne](#) From bluestone to concrete, discover Melbourne's layers of history.

Melbourne Symphony Orchestra (MSO)

[Spanish Harlem - free concert, MSO at the bowl](#) - get your toes tapping and spirits singing!

[The Wheeler Centre](#) - Read these specially commissioned essays by First Nations writers or listen to a recording of Fire Front, a new anthology of poetry edited Gomerioi poet Alison Whittaker.

[Brave Old World by Bruce Pascoe](#)

[The Planet is Us by Victor Steffensen](#)

[Fire Front: First Nations Poetry and Power today](#)

Australian Centre for the Moving Image (ACMI)

Re-opened on Feb 11, 2021, ACMI continues to offer a range of free content on its digital platform

[The story of the moving image](#) - Online experience. 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)

She-oak and sunlight: a large scale exhibition of more than 250 works featuring some of the most widely recognizable works by Tome Roberts, Jane Sutherland, Arthur Streeton, Charles Conder and more. Look out for some familiar Melbourne landmarks such as Rickett's Point at Beaumaris.

[She-oak and sunlight: Australian Impressionism](#)

[Australian Impressionism Learning resource](#)

[Adam Pyett - Continuing the Impressionist's legacy](#)

Sydney Opera House

[Digital - bringing our stage to your sofa](#) - a wide range of performances available online.

[Ziggy Ramo - "Little Things" feat. Paul Kelly](#) - From the top of the opera house, Ziggy performs his reinterpretation of the Paul Kelly classic inspired by the Land Rights movement.

Don't miss this powerful music video released during National Reconciliation week.

[Making of Ziggy Ramo Little Things](#)

Cirque du Soleil - get ready to sing your heart out with this brand new special

[Best of Singing - Cirque Connect](#) Premiered May 1st, 2021

[Cirque du Soleil - Alegria](#) One of the all-time favourites, over 19 million views!

FRIDAY LUNCHTUNES - weekly livestream at Bethlehem

Tune in for a weekly dose of your favourite tunes. Songs by request.

[Livestream Friday Lunchtunes@Bethlehem](#)



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