

The background of the entire page is a photograph of three young people dancing outdoors. In the foreground, a young woman with long brown hair is smiling and dancing, wearing a green and blue gradient knit tank top and red pants. Behind her, a young woman with long red hair is wearing a black tank top and grey leggings. To the right, a young man with red hair is wearing a white t-shirt and a tan jacket. They are all in motion, suggesting a social event.

# YOUR EVENT GUIDE

**CANVAS CAPITAL HOUSE**


**SEMESTER THREE · MAY-AUG 2024**



**WELCOME** to your third semester at Canvas. Join us in celebration, relaxation and exploration over the following months. Download the **CANVAS SERVICE APP** for any extra events we'll be adding to your calendar.


**7 MAY - FROM 3PM**

**Petting Zoo**  
*Ground Floor*

 With exams approaching, join us to meet some furry friends & relieve any stresses.


**13 TO 19 MAY - ALL DAY**

**Step Challenge**  
*Reception*

 It's time to lace up & explore! Hit the nearby parks & coastal paths to see who can tally the most steps this week.


**22 MAY - 2PM**

**Pizza Party**  
*Social Space*

 Join us for a cheesy affair at our Pizza Party extravaganza - Grab your friends & catch up over a slice or two.


**31 MAY - 10AM**

**Self Care Day**  
*Social Space*

 Take some time for you - Grab a facemask & enjoy a pamper on us.


**3 JUN - FROM 11AM**

**Celebrate the Rainbow**  
*Social Space*

 Celebrate love, diversity & equality by adding your pledge to our Rainbow Wall.


**5 JUN - 4PM**

**Pinot & Picasso**  
*Project Kitchen*

 Have we got the next Picasso living at Canvas Capital House? Grab a canvas & unleash your inner artist.

**14 JUN - 3PM**

**Mindfulness Practice**  
*Cinema Room*

 Join us for a moment of zen to relax, rejuvenate & find your inner peace.


**16 JUN - 9PM**

**Euro 2024 Kick Off**  
*Cinema Room*

 Kick off England's first game by watching on the big screen - Snacks & drinks provided.


**7 JUL - 12PM**

**Goodbye Picnic**  
*Courtyard*

 Join us for a farewell fiesta as we start our goodbyes - Filled with good vibes, great food & even better company.


**12 JUL - FROM 9:30AM**

**Rise & Shine Breakfast**  
*Reception*

 Start your day off right with a fulfilling breakfast - Pastries & fresh fruit galore.


**14 JUL - 2PM**

**Wimbledon Final**  
*Cinema Room*

 What could be more quintessentially British than Wimbledon with strawberries & cream?


**21 JUL - 1PM**

**National Ice Cream Day**  
*Courtyard*

 Sunshine, deckchairs & ice cream - There's no better way to celebrate summer.


**5 TO 11 AUG - ALL DAY**

**Share Your Wisdom**  
*Reception*

 Share your wisdom with our new tenants - Any tips & tricks to help them settle into Southampton & Canvas Capital House.


**12 TO 18 AUG - ALL DAY**

**Pack For Good**  
*Communal Space*

 Give back by donating any unloved items to charity - Let's come together to support our community & spread kindness.

**21 AUG - ALL DAY**

**Set Your Future Goals**  
*Reception*

 Speak with the team for hints & tips to help you progress in your chosen career path.

<b>KEY</b>	 <b>COMMUNITY &amp; CREATIVITY</b>	 <b>CAREER &amp; DEVELOPMENT</b>	 <b>EQUALITY &amp; DIVERSITY</b>	 <b>MINDFULNESS &amp; WELLBEING</b>
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A photograph of a young Black man with dreadlocks, smiling and looking down. He is wearing a white t-shirt with a dark graphic that includes the word "ORIGINAL" and the number "19". The entire image has a blue color overlay.

# LIFE WORKS