

CANVAS THE OLD FIRE STATION

CAN
VAS

BY GREYSTAR

YOUR EVENT GUIDE

SEMESTER TWO • JAN-APR 2025


WELCOME

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

04 JAN - SEE RECEPTION

NEW YEAR YOGA


Social Space

 Start the New Year strong! Join us for a rejuvenating yoga or fitness class to kick off 2025.

08 JAN - ALL DAY

NATIONAL PUZZLE DAY


Social Space

 Love puzzles? Grab printed word searches, Sudoku, and crosswords to challenge your mind!

29 JAN - SEE RECEPTION

CHINESE NEW YEAR


See Reception

 In celebration of Chinese New Year, grab a lucky envelope from the Reception team.

30 JAN - 9AM-11AM

NATIONAL CROISSANT DAY


Social Space

 Celebrate National Croissant Day with us! Grab a tasty croissant and add your fave spread.

09 FEB - 4PM-6PM

NATIONAL PIZZA DAY


Social Space

 Come grab a slice and celebrate national pizza day!

14 FEB - 12PM-8PM

VALENTINES DAY CELEBRATIONS


Social Space

 Collect a gift or rose for someone special and join the fun with 'Pin the Heart on Cupid'!

17 FEB - ALL DAY

RANDOM ACTS OF KINDNESS DAY


Reception

 Check the chalkboard for inspiring ideas and reminders, and enjoy a flower with a heartfelt compliment or positive note!

28 FEB - ALL DAY

RAMADAN

Reception

 Help yourself to iftar snacks in celebration of Ramadan.

04 MAR - 10AM-12PM

SHROVE TUESDAY


Social Space

 You'd be flipping mad to miss free pancakes on Shrove Tuesday.

07 MAR - ALL DAY

FREEBIE FRIDAY


Reception

 Join us for our Freebie Friday giveaway - limited availability.

09-23 MAR - ALL DAY

MOTHER'S DAY CARDS


Reception

 Spread the love this Mothering Sunday! Make a heartfelt homemade card for the mother figure in your life.

27 MAR - ALL DAY

CV WORKSHOP


Reception

 Need some help tidying up your CV? Come and see the team where we'll be able to offer some helpful tips.

30 MAR - SEE RECEPTION

EID AL-FITR


Social Space

 Break your fast and join us for snacks and socials.

11 & 18 APR - ALL DAY

STRESS AWARENESS MONTH


Reception

 Relax and recharge with self care sessions.

20 APR - 12PM-4PM

EASTER EGG HUNT!


Around the Building

 The Easter bunny's hopped by! Take a look around TOFS for any egg-cellent treats they might've left.

22 APR - 4PM-6PM

WORLD EARTH DAY


Social Space

 Celebrate World Earth Day with us by potting a plant and making a difference to the environment.

23 APR - SEE RECEPTION

NATIONAL PUPPY DAY

Social Space

 Stretch, smile and snuggle! Join us for Puppy Yoga - a perfect blend of relaxation and cuteness overload.



COMMUNITY
& CREATIVITY



CAREER &
DEVELOPMENT



EQUALITY &
DIVERSITY



MINDFULNESS
& WELLBEING



LIFE WORKS