



# YOUR EVENT GUIDE


CANVAS GLASGOW

SEMESTER TWO · JAN-APR 2024




**WELCOME** to your second 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.


**1 JAN - ALL DAY**  
**2024 Manifestation Wishes**  
*Reception*

 Manifest your dreams for the year ahead & set intentions for a fulfilling & abundant future.


**12 JAN - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

 Indulge in a free massage - Your ultimate wellness treat for a rejuvenated mind & body.


**15 JAN - 7PM**  
**Yoga Class**  
*Cinema Room*

 Unwind, rejuvenate & find your inner zen at our empowering yoga session.


**26 JAN - 9AM**  
**Breakfast Morning**  
*Ground Floor*

 Start your day off right with a nourishing & delicious breakfast, fueling you for success!


**26 JAN - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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
**9 FEB - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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**10 FEB - FROM 3PM**  
**Chinese New Year**  
*Private Dining Room*

 Bring your fave dish & join your fellow residents to celebrate the beginning of the Year of the Dragon.


**12 FEB - 7PM**  
**Yoga Class**  
*Cinema Room*

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**14 FEB - 7PM**  
**Pizza, Prosecco & Speed Connections**  
*Ground Floor*

 Experience a relaxed evening of pizza, prosecco & friendly speed connections... Because great conversations are the best toppings!


**17 FEB - ALL DAY**  
**Random Acts of Kindness Day**  
*Reception*

 Stop by Reception & discover how a simple act of kindness can brighten your day & others around you.


**23 FEB - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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
**1 MAR - FROM 1PM**  
**Wheely Good Smoothie Making**  
*Ground Floor*

 Blend your own healthy concoction at our smoothie bike event - Pedal, power & sip your way to deliciousness.

**8 MAR - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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
**11 MAR - 7PM**  
**Yoga Class**  
*Cinema Room*

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
**11 TO 17 MAR - ALL DAY**  
**St Patrick's Week**  
*Ground Floor*

 Celebrating St Patrick's Day with a week full of fun! Look out for the lucky gold coins around the building with a prize to be won each day.


**22 MAR - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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
**29 MAR - FROM 2PM**  
**Good Friday Easter Egg Hunt**  
*Ground Floor*

 Unravel the mystery & follow the clues in our thrilling Easter Egg Hunt - An adventure that leads to sweet surprises at every turn.


**9 APR - FROM 2PM**  
**End of Ramadan**  
*Ground Floor*

 Join to celebrate the end of Ramadan with traditional decorations & tasty snacks.


**5 APR - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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
**12 APR - 2PM**  
**Canvas Team-Building Fun**  
*Private Dining Room*

 Join us for an empowering team-building event designed to cultivate your confidence for a successful future.


**15 APR - 7PM**  
**Yoga Class**  
*Cinema Room*

 Unwind, rejuvenate & find your inner zen at our empowering yoga session.

**19 APR - SEE RECEPTION**  
**Zen Zone Massages**  
*Cinema & Karaoke Room*

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**22 APR - ALL DAY**  
**Donation Week**  
*Reception*

 Join us for a week of generosity & impact as we unite to make a difference in celebration of World Earth Day.



The background of the entire image is a photograph of a woman wearing a hijab and a white button-down shirt over a grey t-shirt that says "New York City". She is smiling and leaning over a pool table, holding a pool cue. The scene is dimly lit, and the entire image is overlaid with a semi-transparent pink color. In the bottom left, a hand is visible holding a pool ball.

# LIFE WORKS