

CANVAS GLASGOW



SEMESTER THREE • MAY-AUG 2025




WELCOME

to your third 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.

02 MAY - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Enjoy a professional massage & unwind – book at Reception.

08 MAY - 2PM -5PM

PUPPY THERAPY


Common Area

 Cuddle with puppies & take a break from everyday stress.

16 MAY - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Take time out with a massage session – sign up at Reception.

17 MAY - 7PM-12AM

EUROVISION WATCH PARTY


Cinema

 Celebrate the drama & music of Eurovision with snacks & friends.

30 MAY - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Unwind with another round of relaxing massage therapy.

05 JUN - 2PM-4PM

LINKEDIN & CV PHOTO DAY


Common Area

 Refresh your profile pic & get tips to boost your CV.

13 JUN - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Reset with a calming massage – sign up at Reception.

20 JUN - 6PM-9PM

DRAG BINGO


Common Area

 Glam, games & good vibes – bingo meets drag for a fabulous night.

27 JUN - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 End the week with a massage & a moment to breathe.

01 JUL - 9AM-11AM

SUMMER BREAKFAST


Common Area

 Start your day with a free breakfast & laid-back vibes.

01-07 JUL - ALL DAY

DONATION WEEK


Around the Building

 Donate clothes, food & essentials to help local charities.

06 JUL - 6-9PM

SPIRITUALIST NIGHT


Common Area

 Explore energy readings & gain insight in this themed evening.

11 JUL - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Take a break & refresh with a professional massage.

15 JUL - 2PM-5PM

BARBECUE BLOWOUT


Courtyard

 Sizzle into summer with a BBQ, drinks & chill garden vibes.

25 JUL - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 De-stress before the weekend with another massage session.

08 AUG - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Book in for a massage & give your mind & body a break.

13 AUG - SEE RECEPTION

POP THE PROSECCO


Common Area

 Celebrate National Prosecco Day with bubbles & good company.

22 AUG - 6PM-8PM

RELAX & RECHARGE: MASSAGE


Cinema & Karaoke Room

 Wind down with a calming massage session – book at Reception.

24-30 AUG - ALL DAY

DONATION WEEK

Around the Building

 Drop off any unwanted items & support our end-of-year donation drive.

KEY



COMMUNITY
& CREATIVITY



CAREER &
DEVELOPMENT



EQUALITY &
DIVERSITY



MINDFULNESS
& WELLBEING





LIFE WORKS

