

CANVAS CAPITAL HOUSE

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.


## 20 JAN - ALL DAY BEATING THE BLUES

*Building Wide*

 Look out for our hidden Random Acts of Kindness to brighten the glummiest day of the year.


## 29 JAN - ALL DAY CHINESE NEW YEAR

*Reception*

 Celebrate Chinese New Year with us and collect some goodies from the front desk.


## ALL MONTH STEPS COMPETITION

*Anywhere you like*

 Step into the New Year! Share your January step count for a chance to win an Amazon voucher!

## 30 JAN - 8AM-10AM NATIONAL CROSSIANT DAY

*Social Area*

 Pop by the front desk on your way to lectures and pick up a croissant.


## 06 FEB - 4PM POOL TOURNAMENT

*Social Space*

 Sign up at reception to join our pool tournament and become Capital House's Pool Champion!


## 10-14 FEB - 6PM-8PM MOVIE NIGHT

*Cinema*

 Movie Week! Enjoy a different film nightly with snacks provided. Limited spots—sign up at the front desk!


## 11 FEB - 2PM-4PM CV WORKSHOP

*Social Space*

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


## 21 FEB - 2PM-4PM SIP & PAINT

*Kitchen*

 Sip, paint and create! Join us for drinks and unleash your inner Picasso.


## 04 MAR - 10AM-11AM & 3PM-4PM SHROVE TUESDAY

*Kitchen/Social Space*

 What's your favourite topping? Join the team for a tasty pancake treat. Available whilst supplies last.


## 14 MAR - 3PM HOLI FESTIVAL

*Courtyard*

 Add some brightness to your day! Join our colour run - prepare to get messy!


## 21 MAR - 4PM-5PM MOTHERS DAY CARD MAKING

*Kitchen*

 Show your love this Mother's Day! Join us to create a heartfelt card your mum will cherish.


## 30 MAR - FROM SUNDOWN RAMADAN ENDS

*Kitchen/Social Space*

 Break your fast, join us for snacks in the communal area.


## 4 APR - 2PM-4PM BUBBLE TEA

*Kitchen*

 Shake it up with us! Join the team and create your very own bubble tea masterpiece.


## 18 APR - 11AM GOOD FRIDAY EGG HUNT

*Building Wide*

 Will you be lucky enough to find one of our easter bunnies? Bring it to the front desk to claim your prize!


## 25 APR - 2PM-4PM CV WORKSHOP

*Social Space*

 Polish your CV to perfection! Visit the team for expert tips & advice to make your resume shine.

## 30 APR - 6PM-7PM YOGA

*Cinema Room*

 With exams fast approaching, come and unwind with some relaxing yoga.



COMMUNITY  
& CREATIVITY



CAREER &  
DEVELOPMENT



EQUALITY &  
DIVERSITY



MINDFULNESS  
& WELLBEING

A group of six young people (three men and three women) are standing outdoors in the rain. They are all smiling and looking towards the camera. One person is holding a large, light-colored umbrella. The background shows a building and a street lamp. The entire image has a blue tint.

# LIFE WORKS