

CANVAS CAPITAL HOUSE



# YOUR EVENT GUIDE


SEMESTER THREE • MAY-AUG 2026

# 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.


## 06 MAY - ALL DAY MASSAGE THERAPY

### Yoga Room

 Relax, reset and recharge. The perfect feel good session to power through exam season.


## 14 MAY - 1PM & 2PM SESSIONS PILATES FLOW

### Yoga Room

 Stretch it out and strike a pose. Pilates for every level to keep you feeling strong and centred. Booking required.


## 19 JAN - 1PM & 2PM SESSIONS PILATES FLOW

### Yoga Room

 Find your balance and feel the burn. Guided Pilates to lift your energy and your mood.


## 27 MAY - ALL DAY MASSAGE THERAPY

### Yoga Room

 Knead to relax. A feel good massage to end wellbeing month and melt the stress away.


## 05 JUN - FROM 1PM ICE CREAM TREATS

### Courtyard

 Scoop there it is. Treat yourself to some ice cream on us and keep things cool.


## 10 JUN - FROM 4PM PRIDE SIP & PAINT NIGHT

### Ground Floor Kitchen

 Paint, sip, repeat. Channel your inner Picasso and let your creativity run wild.


## 19 JUN - 12PM - 2PM CV GLOW UP WORKSHOP

### Study Room

 CV looking a little blank canvas. Get the tips you need to stand out this summer.


## 22-26 JUN - FROM 6PM PRIDE FILM WEEK

### Cinema

 Lights, camera, pride. A week of LGBTQ+ films to inspire, connect and spark conversation. Snacks ready.


## 07 JUL - 12PM WORLD CHOCOLATE DAY

### Reception

 Sweet dreams are made of this. Free chocolate treats to satisfy every craving.


## 24 JUL - 5PM PIZZA NIGHT

### Ground Floor Kitchen

 In pizza we crust. End your week the right way with a slice on us.


## ALL MONTH - JUL - ALL DAY DONATION STATION

### Common Room

 Clear out and do good. Donate what you do not need and make a difference for someone else.


## 01 AUG - 2PM-4PM KNOCK OUT POOL TOURNAMENT

### Social Space

 Game face on. Show off your skills and see if you have what it takes to be Capital House champion.


## 05 AUG - ALL DAY SHARE YOUR WISDOM

### Reception

 Pass it on. Share your top uni and local tips to help welcome new residents.

## 13 AUG - FROM 1PM SUMMER CELEBRATIONS

### Courtyard

 Sun, fun and then some. Celebrate summer with good food, good vibes and even better company.

KEY



COMMUNITY  
& CREATIVITY



CAREER &  
DEVELOPMENT



EQUALITY &  
DIVERSITY



MINDFULNESS  
& WELLBEING



STUDENT  
AROUND

**THIS  
IS THE  
PLACE**