

MALMO CHOIR OPEN FOR REGISTRATION



The Malmo Choir is back for a Spring Edition!

We had a fantastic Christmas choir last winter with nine participants total. It is a great way to connect with community members while having fun and learning a new skill! This Spring's theme is *Big Show Tunes*, also led by Malmo musician Rebecca S. The Choir will run for eight weeks starting Monday March 25 until Monday June 3, 7:30pm-8:30pm, with no classes on April 8, April 15, and May 20. The last class on June 3 will be a recital open for all community to attend and enjoy. **All sessions are located in Holy Spirit Lutheran Church (11223 51 Ave)**, where they have wonderful acoustics and a beautiful piano perfect for choir practice!

You can register for the choir by visiting our online store (<https://www.malmo-plains.com/store1>), or through the instructions in the form below, or bring cash/cheque to the first class on Monday March 25 7:30pm-8:30pm. For any questions, please email treasurer@malmo-plains.com

Reviews from Christmas Choir Participants:

"Rebecca has a way of letting everyone feel at ease and her enthusiasm for singing and beautiful harmony is contagious."

"I've been really fortunate to have joined this choir. The director, Becky, is so talented & most importantly, a great choir leader. We are all learning new & old Christmas pieces. Plus most importantly we have a lot of fun during our sessions."

"It's a small choir of under twenty people, but delightful as we have three parts already, soprano, alto and tenor. I feel cosy, friendly and comfortable with this small group. It's really a joy and fun to listen, to sing as a group and to just be around music."

Malmo Spring Choir Registration Form

Please take a photo of the completed form and email it to treasurer@malmo-plains.com, then e-transfer the payment to treasurer@malmo-plains.com OR, drop off the form with a cheque enclosed (paid to "Malmo Community League") at the Malmo Hall mailbox (11525 - 48 Avenue), OR purchase by credit card at our online store <https://www.malmo-plains.com/store1>

First and Last Name:

Phone Number:

Street Address:

Email Address:

☐ Malmo Member (\$60) ☐ Non-Member (\$100)

Malmo Membership Number (If applicable):

You may also use this form to purchase a Malmo membership (\$30 Family, \$15 Individual, \$15 Senior Household, FREE for Volunteers). Memberships expire August 2024.



Trent Charles, President

LETTER FROM TRENT

I want to share my absolute favourite quote with you:

“When I was a young man, I wanted to change the world.

I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town.

I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.” Unknown Monk 1100 A.D.

Often it is too easy to fixate on unfortunate worldly events outside of our control. This quote reminds me to shift my focus to the small achievable steps that can be done to improve myself and add value to those around me. Building a better world starting with myself, then my household, and then my community.

Something that has greatly improved my own quality of life is a strong pain-free body, and that is something I would like to share with the community. I've experimented with many different exercise routines over the years including dance, crossfit, yoga, gymnastics strength training, variable resistance strength training, & High Intensity Strength

Training. I found that many types of exercise result in burn-out because they focus on building muscle or skill level, rather than the health and longevity of the joints.

A year ago I discovered the KneesOverToes Program by Ben Patrick, and it quickly became my favorite program so far. It puts a strong emphasis on strengthening the joints and connective tissues that enable pain free movement, and this program has helped many people who require hip/knee surgery.

As I've gotten to know more community members, I've noticed many have painful or weak knees, hips, shoulders, etc. This inspired me to create a mobility class based on KneesOverToes exercises. I want this program to be as accessible as possible- it will be free, drop-in, for all ages, available at two different times, and scalable to be as challenging or as easy as fits each person's fitness level. The best part? We will be working out in a fun friendly environment with friends and neighbours. Building a strong healthy body while building fulfilling community connections!

The class is called “Strong Knees, Hips & Ankles”, and it will run Tuesdays 6:00pm-6:45pm and Fridays 2:00pm-2:45pm at Malmo Hall (11525 48 Ave) starting Tuesday March 19th.

If you have any questions, please feel free to email me at president@malmoplains.com

Looking forward to seeing you there!

Trent Charles

President, Malmo Community League

BE A MALMO BOARD MEMBER

Volunteer opportunity available! Would you like to help make Malmo even more awesome? We are seeking a secretary and soccer coordinator. No experience necessary. Even if you are able to help out for just part of the duties, that would be greatly appreciated. Please email president@malmoplains.com if you are available.

Secretary

- attend monthly board meetings
- send out agenda and minutes
- take minutes

Soccer Coordinator

- recruiting coaches and referees
- organizing soccer registration,
- attending soccer and board meetings
- making teams

Malmo Community Swim

Swimming at Confederation Leisure Centre (11204 43 Ave) is free with a Malmo Membership during:

- Saturdays 4pm-5:30pm
- Sundays 4pm-5:30pm

Malmo memberships also give 20% off for annual and ongoing monthly memberships at City of Edmonton recreational facilities

Memberships can be purchased at
<https://www.malmoplains.com/store1>

SPRING PROGRAMMING**Adult Sakalya Yoga with Cheryl**

All levels welcome for this mindful practice
Wednesdays 7pm-8pm at Malmo Hall
 Drop in: Member \$10/session, Non-Member \$15/session
 For more info, 780-975-7174

Craft Club

Bring your own projects and come craft with neighbours- we have knitters, scrapbookers, painters, card makers, etc. Free and drop-in at Malmo Hall.
Second Friday of every month at 7pm
 Next meeting Apr 12. For more info, lamcint@telus.net.

Strong Knees, Hips, Ankles with Trent

A strength and mobility program inspired by Ben Patrick's KneeAbility Zero Program. Targeted for those with knee pain, or those looking to improve function in knees, hips, or ankles. All ages and levels welcome. Free and drop-in at Malmo Hall. Please bring indoor shoes, a yoga mat, and a water bottle. Extra mats available at the Hall. Two times available:
Tuesdays 6pm-6:45pm starting Mar 19
Fridays 2pm-2:45pm starting Mar 22, no class April 19
 For more info, president@malmoplains.com

Spring Choir with Rebecca

Come sing with neighbours! Pre-register only.
Mondays 7:30-8:30pm, 8 weeks
 Mar 25 – June 3, No class Apr 8, 15, May 20
 Holy Spirit Lutheran Church, 11223 51 Ave
 Malmo Member \$60, Non-Member \$100
 Please see front page for registration details

Chess and Scrabble Club

Chess & Scrabble Saturdays (Malmo Hall)
 Open to all interested in learning/playing chess and/or Scrabble! Free and drop-in.
 Family friendly. *Saturdays 10am-12pm*.
 No meeting Apr 20. For more info, Gerhard (gwreuter@gmail.com) or Stephen (587-710-0962) or Clint (780-434-7133)

Letter from Malmo School Principal

Dear Malmo Community Residents,

I wanted to extend my heartfelt wishes to each one of you. A special thank you goes out to Malmo residents for volunteering at our school. Their commitment to supporting students has truly made a difference. Our Taste of Malmo event was a tremendous success, and we are sincerely grateful for the participation of community members Trent C., Stephanie L., and Linda H.. Your presence at our event added to the joy and success of the occasion.

February was marked as Kindness Month. Our students celebrated Valentine's Day by expressing kind messages to each other and participating in fun activities like decorating Valentine cookies. It's a wonderful opportunity to foster a culture of kindness and unity within our community.

We are also looking to hire lunchroom supervisors at Malmo School. If you are interested, please contact the school at malmo@epsb.ca or 780-434-1362.

Once again, thank you for being an integral part of the Malmo community.

Best regards,

Mrs.Dayoub, Malmo School Principal

MALMO SCHOOL

Henna workshop during Taste of Malmo at Malmo School

Malmo Community League is working on building a stronger connection with Malmo School, the beautiful school beside our community hall. Currently we have a Reading Buddy program. If you are interested in volunteering, please email treasurer@malmoplains.com

MARCH 2024

Malmo Plains Community News

Saturday April 20th

Malmo Music & Pizza Night

7pm-10pm, doors open 6:30pm

Malmo Hall, 11525 48 Ave

Pizza*, dancing, live music from Malmo musicians...what could be a better way to spend Saturday night? :) All ages welcome. Alcohol available for sale for adults.

Tuesday May 21st

Malmo Annual General Meeting

7pm-9pm

Malmo Hall, 11525 48 Ave

Interested in taking a larger role in the community, and/or hearing the annual summary of community initiatives? Come attend our AGM! Food* starts 7pm, and meeting starts 7:30pm.

Saturday May 25th

Malmo Games & Nuggies Night

6pm-10pm

Malmo Hall, 11525 48 Ave

Come enjoy chicken fingers and other fixings* 6pm-7pm. After eating, get ready to team up and/or face-off with neighbours with some fun games! We will have a bunch of family friendly board games, and feel free to bring your own! Free and drop-in. *(food and game times separate to keep the games clean!)*

Monday June 3rd

Malmo Choir Recital

7:30pm-8:30pm

Malmo Hall, 11525 48 Ave

The Malmo Choir is ready to perform some Big Show Tunes for the community! Enjoy a musical performance from neighbours and some light refreshments*. Free and drop-in.

Malmo Board Meetings

Board meetings are held the 3rd Tuesday of every month at Malmo Hall. Food* and socializing at 7pm, board meeting 7:30pm-8:30pm. Open to all Malmo residents. Come join the discussion on Malmo Community League initiatives!

Next meetings: March 19, April 16

Malmo Social Committee Meetings

Malmo Social Committee meets second Tuesday of every month 7pm-8pm at Malmo Hall. All welcome to help us plan upcoming social events! We would love to hear your ideas and input for how we can make awesome Malmo events.

Next meetings: March 12, April 9, May 14

*While supplies last. Gluten-free and vegetarian options available.

Green & Gold Community Garden Seeking Volunteers!

The Green & Gold Garden focuses on regenerative organic gardening methods, and their garden market raises funds for Tubahumurize, an organization that supports marginalized women and children in Rwanda. No gardening experience necessary! Two orientation sessions for volunteers held at the Green & Gold Community Garden (on 118th St, just south of 60th Ave):

Saturday April 13th, 12:30 to 2:00 pm

Saturday April 20th, 12:30 to 2:00 pm

All welcome to attend. Pre-registration preferred but not mandatory. If attending, please send an email to gkgarden@ualberta.ca with the day you would prefer to attend. For more info, please visit

<https://www.greengoldgarden.com/> or email gkgarden@ualberta.ca



The resident Malmo band will back for another performance April 20 at Malmo Hall!

WOULD YOU LIKE TO ORGANIZE A BLOCK PARTY?



City of Edmonton Grants are open, and Malmo Community League can provide additional funding. Please email social@malmoplains.com if you are interested.



Green and Gold Community Garden