



Summer is fast approaching and school will be out. When driving, please be mindful of young people riding electric bikes in the subdivision. Also, keep watch for walkers and bikers in the subdivision.

Road Work: Curb work is scheduled to start at the end of August, the beginning of September. Check our website for additional information.

Reminder: Please remember to refer to our website for our Solar Energy Policy, or contact a Board member for a copy.

NOTE: The HOA recently expended money collected from dues to clear out the wooded common areas; your HOA dues hard at work. Please do not dump limbs, leaves and/or branches in these areas, so that money from dues can be used for other things.

DRAINS - Please keep clean street and sewer drains in front and back of your house; this will let the rain water run into the sewers and prevent flooding.

Tree Trimming: Street trees must be kept trimmed to no lower than 7' clearance above the curb, pursuant to Canton Ordinance. If you are elderly and need your front street trees trimmed, please reach out to the Board to let us know.

SUBDIVISION NEWS UPDATES

Open HOA Meetings - Held in the Canton Administrative Building, located at 1150 Canton Center Road

The dates are all on a Tuesday, please make a note:

06/16/2026	Room A	From 7 p.m. to 9 p.m.
09/15/2026	Room A	From 7 p.m. to 9 p.m.
12/15/2026	Room A	From 7 p.m. to 9 p.m.

Please send us your email address to receive newsletters, roadwork updates, sub-wide updates, etc.

DID YOU KNOW A Canton Fun Fact!



On March 7, 1834, Canton became a Michigan township, which means our community is now 190 years old. Settlers from New England began arriving in Canton around 1825, when Canton was still part of Plymouth. In its early days, Canton was primarily farmland—and at one point was known as the Sweet Corn Capital of Michigan. Even today, some of Canton's oldest homes and buildings are still standing. Back in 1850, according to the census, Canton's population was 1,333. The population slowly grew until the 1970s, when the construction of I-275 caused a population boom, nearing 50,000 in the 1980 census. Today, Canton's population is growing close to 100,000. (©2026 Canton Public Library All rights reserved.)

TOP MOVES FOR A BIG BURN

Different workouts bring different benefits. These exercises can be done indoors or outdoors and are especially effective for achieving optimal calorie burn in the shortest amount of time:

- ◆ **Running**—A classic, relentless high-output workout that challenges your legs, core and lungs.
- ◆ **Jump Rope**—Quick, fun and intense. Ideal when time and space are limited.
- ◆ **HIT (High-Intensity Interval Training)**—Short bursts of intense movement, from sprints to burpees, paired with recovery for high metabolic demand.
- ◆ **Swimming**—Full-body, low-impact cardio that builds endurance while engaging large muscle groups.
- ◆ **Cycling (fast or hilly)**—Joint-friendly cardio that still pushes intensity and elevates output.
- ◆ **Rowing**—A full-body powerhouse that blends cardio and strength by working legs, core, back, and arms for a steady burn.

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HOA MISSION AND VISION STATEMENT



The mission of the RiverWoods Home Owners Association is to foster a strong sense of community, enhance the quality of life, and maintain the value of our

neighborhood. We are committed to promoting mutual respect, upholding the highest standards of property maintenance, and supporting a safe, welcoming environment for all residents. Through transparency, cooperation, and effective communication, we strive to create a well-managed, sustainable community that reflects the collective interests and shared values of all homeowners.

Our vision is to create a vibrant, thriving community where residents feel connected, valued, and proud to call home. We aspire to foster a harmonious environment that blends beautiful homes, green spaces, and a sense of belonging. Through proactive stewardship and collaboration, we aim to build a sustainable, well-maintained neighborhood that enhances the quality of life for current and future generations.

CHICKEN AND BROCCOLI STIR-FRY

Ingredients:

- ◇ 1 tsp. cornstarch
- ◇ 2 cups broccoli florets
- ◇ 1 cup sliced mushrooms
- ◇ 1 tsp. minced fresh ginger
- ◇ 1/4 cup oyster sauce
- ◇ 1/4 cup chicken broth

- ◇ 1 tsp. sugar
- ◇ 2 tsp. sesame oil
- ◇ 1 lb. chicken breasts, cut into 1-inch pieces
- ◇ 1 tsp. soy sauce
- ◇ 1/2 tsp. crushed red pepper flakes
- ◇ 1 tsp. plus 1 Tbsp. avocado oil, divided
- ◇ Chopped fresh parsley for garnish

Directions:

Heat 1 tsp. of oil in a large skillet over medium high heat. Cook broccoli and mushrooms for 4-5 minutes until tender. Add ginger and garlic. Cook for 30 seconds. Remove vegetables from skillet and set aside.

Heat remaining oil in skillet and add chicken in a single layer. Cook for 3-4 minutes per side until cooked through. Add cooked vegetables.

In a small bowl, whisk together remaining ingredients. Pour into skillet and cook for 1-2 minutes, stirring until sauce thickens. Garnish with fresh parsley. Serves 4. Enjoy!!!

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FOODS LINKED TO ANXIETY RELIEF

While diet alone isn't a cure for anxiety, certain foods can help balance stress levels and support brain health. If you frequently experience anxiety, consider incorporating these nutrient-rich options into your diet:



Salmon is rich in omega-3 fatty acids, which support brain function and may help reduce anxiety.



Whole grains are full of complex carbohydrates that aid in serotonin production and promote a calming effect.



Spinach and kale are high in magnesium, which assists nervous system function.



Almonds, chia and walnuts provide magnesium, zinc and healthy fats that help regulate stress responses.



Avocados contain fiber, B vitamins, and healthy fats that support mood balance.



Dark chocolate contains antioxidants that may improve mood when enjoyed in moderation.

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New Neighbors to Welcome to Our Subdivision:

No new neighbors have moved into the sub in the last three months.

NEWSLETTER

CANTON NEWS IN BRIEF



The 33rd Annual Canton Liberty Festival will be held on June 18—20, 2026. The festival's carnival and midway areas will have earlier start times and will close at 8 p.m. each evening.



The Canton Farmers Market began Mother's Day and ends the second weekend in October from 9 a.m. - 1 p.m., rain or shine at Preservation Park located at 500 N. Ridge Rd. Market guests can enjoy live music, cooking demos, and more.



Canton Township has constructed a new 70 x 30-foot pavilion at Preservation Park. It is available for rentals and special events.

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LIVING WELL -

HOW MUCH CAFFEINE IS TOO MUCH?



Caffeine can perk you up and help you feel more alert, but how much is too much? That depends on you. A single cup of coffee contains about 95 mg of caffeine - well under the 400 mg per day the FDA considers safe for most adults. But even what's deemed safe can affect your health. Here are some signs you've consumed too much caffeine:

- ⇒ Increased anxiety or jitters
- ⇒ Disrupted or not enough sleep
- ⇒ Elevated heart rate or blood pressure

If you notice any of these symptoms, gradually reducing your daily caffeine intake may help restore balance. If symptoms continue, be sure to contact your doctor. (©2026 TPMC. All rights reserved.)

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Treasurer—Jim Darling

Director—Keith Feijoo
Director—Jake Brasseur
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Missed or Misdirected Mail - Call Lee Thompson—313-226-8607

Report Road Hazards: Call 888-762-3273 (24 hours a day) or go to the website below.**

*The information provided in this newsletter is for informational purposes only and it is not intended to be a recommendation by the RiverWoods HOA or any of its Board members for use of any information provided. The RiverWoods HOA and its Board members disclaim any liability for the use of such information contained herein. ****Road Hazards:** <https://www.waynecountymi.gov/government/departments/public-services/roads/report-a-road-hazard>