OVERVIEW

North Carolina has a number of certified retirement communities offering a variety of lifestyles to meet your expectations and needs.

With a reasonable cost of living, four distinct seasons and world-renowned healthcare in a gorgeous setting, it’s easy to see why our state has been consistently ranked as one of the very best places to retire year after year.

With more than 300 miles of coastline, NC is a great location for water sports. Horseback riding and hiking are popular in the Piedmont through the mountains, and we’re recognized worldwide for our more than 600 golf courses! A range of symphonies, ballets, theaters and outdoor dramas span the state, along with a 500-acre zoo and three aquariums. NC has also risen to become one of the top grape and wine producing states in the country, with over 400 wineries. Our unprecedented quality of life and low cost of living make it easy to see why NC is one of the best places to retire.

PERSONAL HEALTH CARE EXPENDITURES

<table>
<thead>
<tr>
<th></th>
<th>Per Capita Personal Health Care Expenditures:</th>
<th>Per Capita Expenditures for Hospital Care:</th>
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<tr>
<td>N.C.</td>
<td>$5,191 (ranks 30th)</td>
<td>$2,910 (ranks 23rd)</td>
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<td>U.S.</td>
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HEALTH PROFESSIONALS PER 10K PEOPLE

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<th>Physicians: 209</th>
<th>Dentists: 4.3</th>
<th>Nurses: 93.5</th>
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</thead>
</table>

CONTACT

Andre R. Nabors, TMP
Partner Relation Manager
Visit North Carolina
919.447.7771
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LOW COST OF LIVING

The cost of living in many of North Carolina’s metropolitan areas is well below the national average.

NORTH CAROLINA  NATIONAL AVERAGE
From our coastline to our scenic mountain region, we enjoy all four seasons. You can experience long transitional seasons and an average annual high of 69 degrees and low of 49 degrees. Play golf, visit our museums, artisans and musical performances, not to mention enjoy our beautiful outdoors year-round.

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Mountains</td>
<td>55°</td>
<td>48”</td>
<td>16”</td>
</tr>
<tr>
<td>Piedmont</td>
<td>59°</td>
<td>41”</td>
<td>8”</td>
</tr>
<tr>
<td>Coast</td>
<td>64°</td>
<td>54”</td>
<td>2”</td>
</tr>
</tbody>
</table>
This community is known for its rich cultural resources and a comfortable, easy pace of life. It was designated the state’s second certified retirement community in 2012.

In Asheboro, you’re centrally located to enjoy all the beauty and variety of North Carolina! In just 2 hours you could be in the mountains, and in 3 hours you could be at the NC coast. Residents can also take advantage of all the resources and entertainment options of the Piedmont Triad (which includes Winston-Salem, High Point and Greensboro).

With a population of around 25,000, Asheboro is large enough to offer a variety of activities and resources but yet small enough to allow new residents to become part of the community. Its smaller size also makes Asheboro easy to navigate.

You’ll experience four beautiful seasons in Asheboro. Fall typically is a time of vibrant color, winter will bring a few light snowfalls, spring is simply beautiful and summer is very tolerable.

The median home value in many of North Carolina’s metropolitan areas is well below the national average.
The City of Asheboro offers a number of local parks and recreation facilities, including tennis courts, lakes and a golf course designed by Donald Ross. There are numerous community wellness options, ranging from walking paths to quality fitness facilities.

Thanks to the Randolph Arts Guild, Asheboro has a thriving arts scene. Downtown is home to outdoor sculptures, murals and galleries. Enjoy movies or performing arts at Sunset Theatre, a 1930s movie house that is operated by the City of Asheboro.

The North Carolina Zoo is the largest natural habitat zoo in the world, and living in Asheboro means that you can easily see this remarkable facility any time you want. It’s a great place to volunteer or to take visiting family members.
EDEN

Two rivers, a beautiful greenway, affordable living and some of the friendliest people you will ever find are waiting for you in Eden.

“I came away from Eden pretty much speechless. I grew up in Indiana farm country where there’s plenty of home cooking and hospitality but it doesn’t hold a candle to Eden’s amazing ambiance. I came home to my husband in California and said ‘let’s move to Eden, N.C. There’s a golf course in the middle of town.’ I loved it all. Eating and shopping can’t be beat, but most of all it was the hospitality.”

— Lou Schroff, Fullerton, CA

“Let me begin by sharing with you one of the things you get in California that I didn’t find in Eden: anonymity! Instead we found warm, gracious, friendly people who made our stay in Eden an absolute pleasure from the moment we arrived until our last milkshake at Cookout! The town of Eden and its surroundings are balm for the soul! I don’t think I could ever take it for granted. The beautiful trees, the wonderful open space are truly a gift. In short, literally one of the best trips I’ve ever had. Definitely look for us in Eden on our next vacation!”

— Lisa De Los Reyes, Fountain Valley, CA

LOCATION
PIEDMONT

SIZE OF COMMUNITY
16,000

AVG. JAN / JULY TEMPS.
44° F / 86° F

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

EDEN
$217,000

NATIONAL AVERAGE
$43,000
Eden is a North Carolina Main Street Community... visit our quaint downtown shops for special gifts and services with unsurpassed customer care.

Morehead Memorial Hospital is a past recipient of the “Top 100 Hospitals in the U.S.” award. It was also named a “Best Value Hospital” in 2008.

Speaking of value, Eden has a 12.9 percent lower cost of living than the national average allowing you to get more for your hard-earned money. Housing is plentiful and affordable... and taxes are low!
Discover Edenton’s 300 years of national historic significance. Experience a lifestyle of friendliness and warmth on the Albemarle Sound, as you enjoy its natural wonders and beauty.

Edenton is not your average small town. It is a vibrant community that embraces people; people become involved and supportive of one another in a way that is astounding.

Edenton’s mild climate encourages outdoor enjoyment and provides the scenic joy of 4 distinct seasons. Please don’t move your snow shovel, they don’t sell well at the consignment store. Continuing educational opportunities are available through The College of the Albemarle or nearby Elizabeth City State University. Good proximity to beaches and big city life is within an easy drive.

Edenton, which Forbes.com named one of America’s Prettiest Towns, provides retirees an opportunity to enhance their lifestyle. Edenton is blessed with natural beauty, gorgeous sunsets, sparkling waters and historic architecture; where people speak to one another, churches are not just symbols or buildings but ring out with goodwill and fellowship. Clubs and activities abound. You won’t be bored in Edenton unless you really try.

**MEDIAN HOME VALUE**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

<table>
<thead>
<tr>
<th>Location</th>
<th>Median Home Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edenton</td>
<td>$188,000</td>
</tr>
<tr>
<td>National Average</td>
<td>$217,000</td>
</tr>
</tbody>
</table>
Quality of Life

Playgrounds are close at hand, including three convenient golf courses, including award-winning Arnold Palmer and Dan Maples courses. The beautiful Albemarle Sound is a sailing, yachting paradise; with rivers, creeks, ponds and lakes for fishing, kayaking, canoeing and exploring.

Eco-Tourism

The natural setting inspires the best in people. One can pursue, unfettered by traffic, noise or crowds, to choose what they wish to enjoy and how they wish to grow. Paddle a millpond to see 1,000-year old trees, or boat out to see dolphins, catch fish all day long or stalk bear or deer with your camera or rifle.

Healthcare

Edenton has a thriving medical community including Vidant Chowan Hospital and many physician practices. From primary care to specialized outpatient services to air transport to Vidant Medical Center’s trauma center and heart hospital, Edenton offers access to the medical services you need.
Some thoughts from couples who have taken the leap.

Pete and Sally Bruderle, from Fairfax, Virginia. A former CFO, Pete now teaches at Elizabeth City’s Northeast Academy of Aerospace and Advanced Technology. Pete - “There are things you can see and like in Elizabeth City – the water, golf course, neighborhoods. But for me, the most lovely thing about living here is the fact that it’s just a beautiful, friendly small town.” Sally - “We have a pier, kayaks, restaurants in town,” said Sally. “Our children love it, and our daughter just moved here with us and will start at College of the Albemarle next semester.”

Beverly and Buddy Madrin, who left busy but stressful careers in Raleigh. Beverly - “Our friends who visit think we are so lucky to live here. I don’t think I recall any time they said that while we lived in bigger cities.” Buddy - “We’ve had instances when we had to pick from three things to do. If people say they can’t find something to do in Elizabeth City, they’re not looking hard enough.”

Jody and Geoff McNamara, also from Fairfax, who enjoy kayaking on the Pasquotank River, biking along city’s old-fashioned downtown area and day-tripping to nearby coastal towns. Jody - “We wanted to be near the beach, but not on it. We’re just an hour away from the Outer Banks, so we miss all the traffic.” Geoff - “We sit on the porch, we look at the river, we have a glass of wine – and it’s delightful.”

**LOCATION**

**COAST**

**SIZE OF COMMUNITY**

18,000

**AVG. JAN / JULY TEMPS.**

53° F / 88° F

**MEDIAN HOME VALUE**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

Elizabeth City: $141,000

National Average: $217,000
Our historic downtown with its Harbor of Hospitality is less than an hour from the Outer Banks and all the urban amenities of Hampton Roads, including the Virginia Beach Aquarium, Chrysler Performing Arts Center and Norfolk International Airport.

Enjoy our annual Potato Festival, First Friday Art Walks and Third Thursday Jazz. Mariners’ Wharf Park holds outdoor music and movies. Catch a show at the historic Maguire Theater. Eat at the Downtown Waterfront Market or Pailin’s Alley with its outdoor dining and Ghost Harbor Brewery.

Sentara Albemarle Medical Center - a part of Sentara Healthcare, the largest hospital network in nearby Hampton Roads - is a 114-bed regional hospital offering a full-range of services including orthopedics, cancer, and heart and vascular conditions.
JAMESTOWN & HIGH POINT

A community atmosphere paired with metropolitan amenities, the Jamesstown/High Point Area is not too big, not too small – and the perfect place to make yourself at home.

The Jamesstown/High Point Area’s central location, mild climate, affordable cost of living, abundant opportunities to enjoy outdoor recreation, the arts, shopping and fine dining – all come together to provide an enhanced quality of life for retirees. Lovely neighborhoods and beautiful parks and lakes serve as the backdrop for a vibrant community of 110,000 people.

Four major interstates meet in the area, with easy access to everything the state has to offer, including sandy beaches and the scenic Blue Ridge Mountains. Information on the community and the region is always available at the High Point Regional Visitors Center. The Piedmont Triad International Airport and the historic Train Depot provide convenient travel to farther destinations.

LOCATION
Piedmont

SIZE OF COMMUNITY
110,000

AVG. JAN / JULY TEMPS.
51° F / 88° F

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.
Mild weather lets Jamestown/High Point residents enjoy outdoor activities year-round. Make the most of more than 40 public parks, paved greenways, hiking trails and 10 golf courses. Two recreational lakes are available for boating and fishing, and Oak Hollow Marina offers sailing classes and fishing.

Yearly events include The John Coltrane International Jazz and Blues Festival, High Point Autumn Rowing Festival, Uncle Sam Jam: An Independence Day Celebration, A Day in the Park, Castle McCulloch’s Mardi Gras of the Carolinas and Miss North Carolina USA & Miss North Carolina Teen USA Pageants.

For those interested in the arts, The High Point Area Arts Council offers professional music, theater, and dance programs, while the Theatre Art Galleries features local and regional exhibits, as well as ongoing art education programs and events.
Welcome to Scotland County! While we may be the smallest of all the counties in North Carolina, we offer some of the most unique and diverse experiences in the state.

Where else can you get up in the morning and watch the Golden Knights Parachute team practice their precision jumping?

After that, you can head over to Cypress Bend Vineyards and sample one of the many wines available from the award-winning winery. Then it’s off to the St. Andrews University Equestrian Center to watch their team practice. All within a short drive of each other. All within Scotland County - an area we call “The Soul of the Carolinas.”

The United States is certainly a melting pot. And nowhere is that more reflected than in Scotland County. Originally inhabited by the Lumbee Indians, waves of settlers have augmented this foundation, making the community a cultural sampler that represents the true flavor of the rural South, its hospitality and its hope. That hope today resides in our residents. Residents that proudly work together to make our community a great place to work, live and play.

**LOCATION**

**PIEDMONT**

**SIZE OF COMMUNITY**

15,000

**AVG. JAN / JULY TEMPS.**

53° F / 90° F

**MEDIAN HOME VALUE**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

$217,000

$77,000

Laurinburg

National Average
Laurinburg/Scotland County offers great opportunities to get involved in local organizations and events, many of which are tied to our cultures and take advantage of our beautiful year-round weather.

Take advantage of the beautiful outdoors. The Scotland County bicycle route is a 147-mile system that uses lightly traveled, paved roads to link points of interest. If you would rather be on the water, the Lumber River has been voted one of NC’s Ten Natural Wonders. Like our more famous neighbor to the immediate north, Scotland County offers the very best in Carolina golf. And at the end of the day, relax at Cypress Bend Vineyards – Yes, wine drinking may be considered an “activity.”
Discover why we call our All-American City the crossroads of the best of North Carolina.

Nature carved the Blue Ridge mountain ranges that surround our community. Walking paths, hiking trails, bike paths, and the Lenoir Greenway offer opportunities for fitness. The Catawba River Valley and Wilson Creek, a National Wild and Scenic River, provide excellent boating, fishing, and kayaking.

From the 20-foot sculpture “Across the Grain,” by Thomas Sayre to the whimsical outdoor sculpture pieces of “Tuckers Gallery,” sculpture is around every corner in our community. In fact, Lenoir has more pieces of sculpture per capita than any other city in the United States. In September of each year, the Caldwell Arts Council hosts a Sculpture Celebration which attracts artists from all over the nation.

Our rich musical heritage varies from classical musician Joseph Robinson, principal oboist in the New York Philharmonic to Country Music star Eric Church. Lenoir musicians are prominently featured on the Blue Ridge Natural Heritage Music Trail.

**Location**

**Mountains**

**Size of Community**

18,000

**Avg. Jan / July Temps.**

49° F / 88° F

**Median Home Value**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

- **National Average**
  - $217,000

- **Lenoir**
  - $85,000
Explore Our Historic Downtown

Enjoy free WI-FI while visiting the unique shops and businesses that make up the heart of Lenoir. Antiques, collectibles, old-fashioned hardware staples, jewelry, health and beauty products, beautiful yarn and fabrics, and more are all within easy walking distance of the square. Downtown restaurants and micro-breweries feature home-cooked soups, deli sandwiches, savory pasta and pizzas, delectable desserts, and beverages. Tour our downtown distillery on the Carolina Distillery Trail and taste genuine, mountain-style apple brandy.

Empower Yourself

Learn a new skill or enjoy a cultural opportunity at Caldwell Community College & Technical Institute or nearby Appalachian State University. Enjoy cultural performances at the Broyhill Civic Center or a football weekend in the mountains.
LUMBERTON

Lumberton offers affordable homes, abundant health care centers and entertainment options along Interstate 95.

Lumberton, N.C., is a growing city that boasts a rich history and a traditional Southern charm. Located on I-95 midway between New York and Miami and within an hour’s drive of some of the best golfing and most beautiful beaches in the country, Lumberton has it all.

We are located halfway between New York and Florida on Interstate 95. Within an hour drive around the circumference of Lumberton, you will find a vast assortment of cultural activities in the areas of arts, music, theatres and more. Historic properties and museums are located in all directions, and festivals and events are held in nearly every nearby community. Whether you like boating or fishing, playing golf or tennis, swimming or walking, recreational sites and facilities abound.

Here on the banks of the Historic Lumber River, we’ve got it all. In addition to receiving All-American City awards in 1970 and 1995, Lumberton was recently named North Carolina’s first Certified Retirement Community in the State of North Carolina, just proving what we’ve known all along – Lumberton is a great place to call home.

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

$217,000

$83,000

LUMBERTON

NATIONAL AVERAGE

LOCATION

PIEDMONT

SIZE OF COMMUNITY

22,000

AVG. JAN / JULY TEMPS.

53° F / 90° F
Downtown Lumberton is home to historical structures dating back to the 1840s. Recently renovated with new streetlights, landscaping and buried utilities, you’ll experience both a mix of new and historical.

Voted one of the Top 10 Wonders in the State of North Carolina in 2010, the banks of Lumber River has much to offer. Enjoy a walk down our Scenic River Walk, unwind with our Fishing and Birding Trails or explore the abundance of nature through kayaking and canoeing.

Lumberton has many community events to offer, including; Rumba on the Lumber, Alive After Five Summer Concert Series, Movies on the Plaza, Southeast NC Ag Show and Equine Event Center, Robeson Regional Agricultural Fair and much more.
Marion boasts a historic, walkable downtown with locally owned shops and restaurants. Nearby Lake James and the Blue Ridge Parkway are backdrops for outdoor activities.

Marion is the county seat for McDowell County, population 8,200. We’re located 30 miles east of Asheville and 40 miles west of Hickory with easy access to Interstate 40. 23 miles north of Marion you’ll find the Blue Ridge Parkway. Asheville Regional Airport is a half hour drive and the Charlotte Douglas International Airport is within 90 minutes. Thanks to the Isothermal Belt the climate is mild and growing seasons are extended.

**MEDIAN HOME VALUE**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

- **Marion**: $116,000
- **National Average**: $217,000

**LOCATION**

- **Mountains**

**SIZE OF COMMUNITY**

- **8,000**

**AVG. JAN / JULY TEMPS.**

- **53° F / 88° F**
ARTS & CULTURE

Our active historical and arts communities are diverse with five museums, art galleries and the McDowell Arts Council. Explore the area by following the McDowell Quilt Trail, with stops at the local vineyards. These boutique wineries include Belle Nicho, South Creek, DeMariano, Silver Fork and Linville Falls. Follow the BlueRidge Traveler Wine Trail and Lake James Loop!

RECREATION

An active lifestyle is easily maintained here with three challenging golf courses, on and off road bicycle routes, a county-wide greenway, the greenway at the YMCA/McDowell Senior Center or choose to work out at a privately owned gym. The Pisgah National Forest provides protected trout streams and anglers will be impressed with the sports fishing at spectacular Lake James.
MOUNT AIRY

This small town served as the real-life inspiration for Andy Griffith’s Mayberry and offers museums, wineries and gourmet restaurants in north-central North Carolina.

Mount Airy is known for its abundance of natural resources, walkable and vibrant downtown, and nearby State Parks. From Merlot to Mayberry, cruise-ins to mandolins, mountainous scenes and delicious cuisine, Mount Airy has it all. The essence of Mount Airy lies in our charming historic downtowns and unique festivals, our proximity to the Blue Ridge Parkway and the distinctive Yadkin Valley wine region.

Mount Airy is the largest municipality in Surry County and is located near the Blue Ridge Parkway with a population of 10,388. Mount Airy is part of the Piedmont Triad Region and within easy driving distance of several metropolitan areas, including Winston Salem, Greensboro and the Charlotte area. Mount Airy was named “America’s Favorite Hometown” by the Atlanta Journal Constitution and many of our visitors mention they like the friendliness of the people of and the small town atmosphere.

There’s a warmth and richness here that can only be found in small towns with big personalities. Mount Airy is a rich blend of true Southern pleasures. Once you’ve had a taste of Mount Airy, you’ll find yourself coming back for more.

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

<table>
<thead>
<tr>
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<tr>
<td>$217,000</td>
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<td>$100,000</td>
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<td>National Average</td>
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</table>

LOCATION
PIEDMONT

SIZE OF COMMUNITY
10,000

AVG. JAN / JULY TEMPS.
47°F / 87°F
Mount Airy is home to The Andy Griffith Museum, The Summer Concert Music Series at the Blackmon Amphitheatre and The Historic Earle Theatre. Mount Airy holds frequent festivals, including the Budbreak Wine Festival, Autumn Leaves Festival, Mayberry Days, July 4th Parade and Farmfest. We also have summer concerts, seasonal farmers market, cruise-ins and live music at the Old North State Winery on a weekly basis.

Mount Airy is home to Reeves Community Center, a 55,000 square foot full-service fitness facility managed by the City of Mount Airy/Mount Airy Parks and Recreation. Silver Sneakers Memberships are available at Pro Health and Reeves Community Center, both within the Mount Airy City Limits. Both facilities boast a wide variety of classes and activities to complement an active lifestyle.
NEW BERN

New Bern is an architecturally stunning 300-year-old city situated where the Neuse and Trent Rivers converge. Its historical districts are unique and carefully preserved by its residents.

New Bern was recognized in April 2015 as one of the “10 Most Beautiful Towns in North Carolina,” and one of the “Top 10 Coastal Towns Where You Can Afford to Retire.” It’s easy to see why.

New Bern is a grand mix of carefully restored and maintained historical homes with old growth trees, a historic downtown, and contemporary houses ranging from condos to mansions, many with riverfront locations. New Bern’s character is palpable, and the people you meet are as vibrant as their surroundings.

In addition to its beauty, New Bern is well-situated at the confluence of the Neuse and Trent Rivers, and only 35 miles from the Crystal Coast. The Atlantic Ocean is accessible by boat from New Bern, and New Bern’s rivers and creeks make a perfect playground for sailing, yachting, kayaking, Stand Up Paddle Boarding and fishing. New Bern has direct access to rivers and beaches without the high costs associated with beachfront living.

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

LOCATION

COAST

SIZE OF COMMUNITY

30,000

AVG. JAN / JULY TEMPS.

55° F / 90° F

NEW BERN

$134,000

NATIONAL AVERAGE

$217,000
New Bern has always been a cultural hub, and now its artistic community is expanding to discover, support, and exhibit artists of all skill levels and all media. Downtown art galleries and studios abound, two active theatre companies, and fine dining by the waterfront. New Bern also welcomes spectacular North Carolina Symphony performances and Chamber Music Festivals, which occur regularly, as well as local and regional musicians of all genres.

You’ll find bikes, kayaks, boats, fishing rods, hiking boots and yoga mats in use year-round in New Bern, with its mild Southern summers and sweater winters. New Bern is home to several great golf courses, as well as many public and private clay and hard tennis courts. The New Bern Aquatics Center is open to the public during the warmer months, while two private fitness facilities have indoor/outdoor pools. There’s something for every interest and activity level in New Bern.
Pittsboro, a charming town known for its creative community, offers residents a friendly and affordable place to live with an exceptional quality of life. Conveniently located a short drive from anywhere in the Triangle, this historic gem is the ideal retirement destination for seniors seeking an active lifestyle in a tranquil setting.

Within Pittsboro, there are two wineries that are part of the Heart of NC Wine Trail, a brewery, bed and breakfast inns, two spas, a wildlife sanctuary, three farmers’ markets, two independent bookstores, antique shops, art galleries and a variety of eateries. In less than an hour’s drive, residents have access to two international airports, museums, performing arts centers, multiple challenging golf courses, dozens of shopping centers and world class healthcare.

Rural Chatham County, where Pittsboro is located, is rich in natural beauty with luminous rivers, 200 miles of Jordan Lake shoreline, hiking and biking trails and many parks. With four distinct seasons and a mild winter, outdoor excursions are possible year-round.

Median Home Value
The median home value in many of North Carolina’s metropolitan areas is well below the national average.

<table>
<thead>
<tr>
<th>Pittsboro</th>
<th>National Average</th>
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<tbody>
<tr>
<td>$291,000</td>
<td>$217,000</td>
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</table>

**LOCATION**

PIEDMONT

**SIZE OF COMMUNITY**

4,000

**AVG. JAN / JULY TEMPS.**

50° F / 89° F
Health Care

Pittsboro is a short drive from Duke University Medical Center and University of North Carolina (UNC) Health Care, giving residents access to advanced medicine and some of the finest treatment facilities in the country. Both Duke and UNC have primary care facilities in Pittsboro to serve outpatients. Nearby Chatham Hospital, a UNC Health Care partner, offers around-the-clock emergency services.

Education

Lifelong learning opportunities abound in Pittsboro, with Central Carolina Community College’s unique Continuing Education Enrichment programs, the University of Chapel Hill’s Friday Center for Continuing Education, and Duke University’s Osher Lifelong Learning Institute.
RetireNC

Live Simply. Think Big. Those four words say a lot about our City. Incorporated in 1873 and named for future NC Governor David Settle Reid, Reidsville is located in the middle of the state on the northern tier.

Reidsville prides itself on the recreation and art in our community. Quality of life is important to us here. Lake Reidsville is a 750-acre lake offering hiking, boating, water skiing, disc golf, camping, Independence Day Celebrations and special events throughout the year. Downton Reidsville is home to Market Square, an outdoor amphitheater that hosts numerous free activities from May through October. Some of these events with performing artists from all over the United States. Large music events with national recording artists are also held once a month.

Reidsville offers “Movies on the Square”, along with many other events. “Fitness on the Square” offers free exercise classes twice a week. We have walking trails located at our lake, greenways throughout Reidsville and a walking trail through the downtown historic district. Golfing is also a big sport here, with 10 courses located in the county. Finding something to do in our city is easy!

**MEDIAN HOME VALUE**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Reidsville</td>
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<td>National Average</td>
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</table>

**LOCATION**

PIEDMONT

**SIZE OF COMMUNITY**

4,000

**AVG. JAN / JULY TEMPS.**

48° F / 89° F
Reidsville’s hospital, Annie Penn, which is owned by Cone Health, is nationally recognized hospital for their customer service and health care. This has allowed our city to grow greatly in the number of doctors and services offered. Healthcare is important and has been a focus of Reidsville and the community through the Kate B. Reynolds Foundation-funded Healthy Places Initiative. Work is being done throughout our community to offer healthy living for our residents.

Reidsville’s Senior Center is a Center of Excellence, one of the few in the state with that designation. Construction has been completed on our $5 million Active Living Center designed for 55+. The center hosts many activities, including trips, bowling, bocce ball, pickle ball, shuffle board, dancing, card games and so much more.
Located adjacent to our country’s busiest thoroughfare, Interstate 95, and mid-way between New York and Florida, we offer easy access to the east coast. Our area serves as the retail hub for Northeastern North Carolina. Additionally, we are within 90 miles of three international airports (RDU, Richmond and Norfolk).

Southern charm, rich history, spectacular natural setting and mouthwatering dining are just a few of the delights that await you in Roanoke Rapids. Nestled on the banks of the mighty Roanoke River, which gave rise to commerce in the area, we like to say that, “rushing river water can take the edges off rocks and people”! We are confident that you will find this true and you will enjoy the quality of life in the area.

The natural landscape of our community provides a wealth of recreational activities. From Lake Gaston, a 34-mile man-made lake, Medoc Mountain State Park, a 2,300-acre natural wildlife preserve, and the Roanoke Canal Museum and Trail, where you can step back in time to the end of the 18th century, there is something for everyone in and around Roanoke Rapids.

Attractions abound in Halifax County. Historic Halifax explores revolutionary history and is the birthplace of our nation’s independence. There is something for everyone to enjoy in Halifax County.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>COAST</th>
</tr>
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<tbody>
<tr>
<td>SIZE OF COMMUNITY</td>
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<tr>
<td>AVG. JAN / JULY TEMPS.</td>
<td>49° F / 90° F</td>
</tr>
<tr>
<td>MEDIAN HOME VALUE</td>
<td>$217,000</td>
</tr>
<tr>
<td>NATIONAL AVERAGE</td>
<td>$91,000</td>
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</tbody>
</table>
Lake Gaston and the Roanoke River offer year-round fishing enjoyment. Our seven-mile-long greenway, the Roanoke Canal Trail, offers hiking and biking opportunities to keep you active and healthy. Our local art and “makers” scene will keep you engaged through the Halifax County Arts Council and Mill City Market. Our area offers three golf courses that are open year-round. Nothing like playing a round in February in 60 degree weather!

Halifax Regional is fully accredited by the Joint Commission on Accreditation of Healthcare organizations. It offers an array of medical and surgical services, including 24-hour emergency care, backed by the latest technology. They strive to create a compassionate environment where approximately 800 employees can deliver the best care every hour of every day.
Located in the heart of North Carolina, Sanford’s unique blend of timeless Southern charm and big city amenities make it the perfect place to call home.

Thanks to its affordable cost of living, low crime rate, mild weather, and prime location, Sanford has been named one of top ten best places to retire by Movoto Real Estate, honored as a Benjamin Moore Main Street community and NerdWallet’s Top Twenty places to own a home in North Carolina. Here’s why:

Sanford is known for its central NC location. When you make Sanford your home, you are truly well centered to enjoy the best North Carolina has to offer. Equal distance from the mountains to the beach, residents are a short drive away from two international airports, three world class medical centers, five major universities, and unlimited five-star dining, shopping, and recreational options.

The median home value in many of North Carolina’s metropolitan areas is well below the national average.
Sanford is also home to several festivals and tournaments that draw attendees from all over the country. The Sanford Arts and Vine Festival is a celebration of pottery and wine - both of which are part of the local heritage. There is also the Carolina Fiber Fest, Broadway Our Way, Bike Criterion and Fitness Fest, Southern Side by Side Shooting Competition, Downtown Art Walk, Function at the Junction, and so much more.

From several local parks and tennis courts to a paved greenway trail and three golf courses - including designs by Donald Ross and Robert Trent Jones, and also the world-renown Tobacco Road Golf Club – Sanford is the perfect retirement spot for active lifestyles. Enjoy a day on Jordan Lake, hike Raven Rock State Park, visit nearby Pinehurst, or explore the region’s historic Civil War and Revolutionary War sites – and still be home for dinner.
Take a stroll through history along the tree lined streets and become captivated in the unique landscapes of Tarboro; a historic community progressing while preserving its past.

We are a retirement community offering Independent Living, Assisted Living, Memory Care and Rehabilitation & Skilled Nursing on an intimate senior campus. In this friendly atmosphere we offer extraordinary cuisine, fun events, interesting classes and customized care. Choose from spacious studios to two-bedroom apartments, wonderfully appointed with a kitchenette, large living room and bathroom. Residents enjoy services and amenities that support a carefree, fun-filled lifestyle. Our on-site amenities include a well-stocked library, computer center with internet access, full-service beauty salon and barber shop, wellness center, creative arts studio, scheduled transportation services as well as an elegant dining room with reception lounge in addition to the Coffee Bistro for a more casual social hour. - The Fountains at the Albemarle

**Location**

**Coast**

**Size of Community**

**11,000**

**Avg. Jan / July Temps.**

**51° F / 90° F**

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**Median Home Value**

The median home value in many of North Carolina's metropolitan areas is well below the national average.

- **Tarboro**: $78,000
- **National Average**: $217,000
The climate of Tarboro is ideal for any retiree, with mild winters and warm summers. This makes most recreational activities available year-round. There are numerous walking and biking trails, fishing on the river, hunting locations, and picnicking spots just to name a few. If you feel like spending a day at the links, one can play a round or two at the Links at Cotton Valley.

Tarboro has a Certified Senior Center of Excellence that is very active in the Down East Senior Games and the NC Senior Games State Finals. These games offer a variety of athletic and artistic choices. For those who enjoy indoor recreational and fitness activities, we offer a plethora of facilities geared toward such from B&G Fitness to Tarboro Athletic Club.
WASHINGTON

This historical gem is nestled in Eastern North Carolina along the Pamlico Tar River, making Little Washington known among visitors and residents as a beautiful, scenic destination. The well-known waterfront creates one of the most popular gathering spots in town, taking on a life of its own during annual festivals, local events and holidays.

Little Washington combines Southern charm and beautiful natural settings to create one of the “coolest small towns in America,” as selected by Budget Travel. With a beautiful and historic downtown, Little Washington is known for the stately homes and lovely gardens that make up its residential district, as well as the ornate brickwork featured on the vintage commercial buildings of Main Street and Market Streets.

Washington, the county seat of Beaufort County, is located in North Carolina’s Inner Banks. Regardless of the direction you are traveling, Washington and Beaufort County are convenient stops along the way. Greenville, home of East Carolina University, is a mere 30 minutes to the west; Raleigh is under 2 hours west. Tidewater areas of Virginia are also under 2 hours north.

From miles of waterway trails and the country’s very first Estuarium, to local restaurants and art galleries, Little Washington has a little bit of everything.

MEDIAN HOME VALUE

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

LOCATION
COAST

SIZE OF COMMUNITY
10,000

AVG. JAN / JULY TEMPS.
54° F / 90° F

WASHINGTON
$169,000

NATIONAL AVERAGE
$217,000
The arts and theatre are evident in all of the communities, from galleries, to art classes, to performing arts. Fishing, paddling, and sailing are among the recreation offerings that river living offers. Water is never far from any community in Beaufort County, and the access is limitless. Retirees can remain as active as they want to be as they fulfill all of the items on their bucket lists here!

Vidant Health provides world-class health services throughout the region, including the communities of Beaufort County. The new Vidant Multispecialty Clinic – Belhaven combines local doctors, nurses, nurse practitioners and physician assistants who have years of experience caring for the community, with a brand new state-of-the-art medical facility offering integrated, convenient and patient-centered care.
Winterville is truly a great family town in which to retire! You’ll feel at ease among friends and neighbors who cherish our small town “Slice of the Good Life!” while enjoying the advantages and amenities of a city. There’s year-round outdoor enjoyment in our Eastern NC fresh air and mild climate, a low cost of living and beautiful homes.

Stay healthy and safe! Vidant Medical Center is nationally ranked as one of the highest performing hospital for numerous adult specialties including geriatrics. Ranked 5th out of Safewise’s list of the 50 safest cities in NC, Winterville has become regionally known for safety and community unity.

In the heart of Eastern NC, Winterville combines welcoming small town serenity with the conveniences of the adjacent City of Greenville. Winterville is located 85 miles south-east of Raleigh, less than 80 miles inland from the NC beaches and close to many other historic towns and cities in the state.

**Median Home Value**

The median home value in many of North Carolina’s metropolitan areas is well below the national average.

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<tr>
<th></th>
<th>Median Home Value</th>
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<tbody>
<tr>
<td><strong>Winterville</strong></td>
<td>$152,000</td>
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<tr>
<td><strong>National Average</strong></td>
<td>$217,000</td>
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</table>
In Winterville, you'll enjoy local festivals, endless restaurant choices, indoor entertainment, as well as local outdoor recreation and nearby access to state parks, mountains, beaches and our state capital. We have indoor theaters, recreational facilities, bowling alleys, NCAA Division I sports and an abundance of stores for shopping. Rivers, creeks and open lands, outdoor fun, music and movies in the park, as well as museums and much more make Winterville a delightful place to call home!

Our neighbors at East Carolina University, with its schools of Art, Theatre, and Music, provide the cultural diversity of a major metropolitan area. Musical, theatre and dance groups offer more than 200 free shows annually. And if that's not enough, Pitt Community College offers a variety of cultural events and classes to fill your nights and weekends. It’s little wonder why Winterville residents are so happy and good-natured! Retiring in Winterville will keep you smiling!