

# **NORTH CAROLINA** **RETIREMENT GUIDE**



# 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

Per Capita Personal Health Care Expenditures:		Per Capita Expenditures for Hospital Care:	
N.C.	\$5,191 (ranks 30th)	N.C.	\$2,910 (ranks 23rd)
U.S.	\$5,283	U.S.	\$1,931

## HEALTH PROFESSIONALS PER 10K PEOPLE

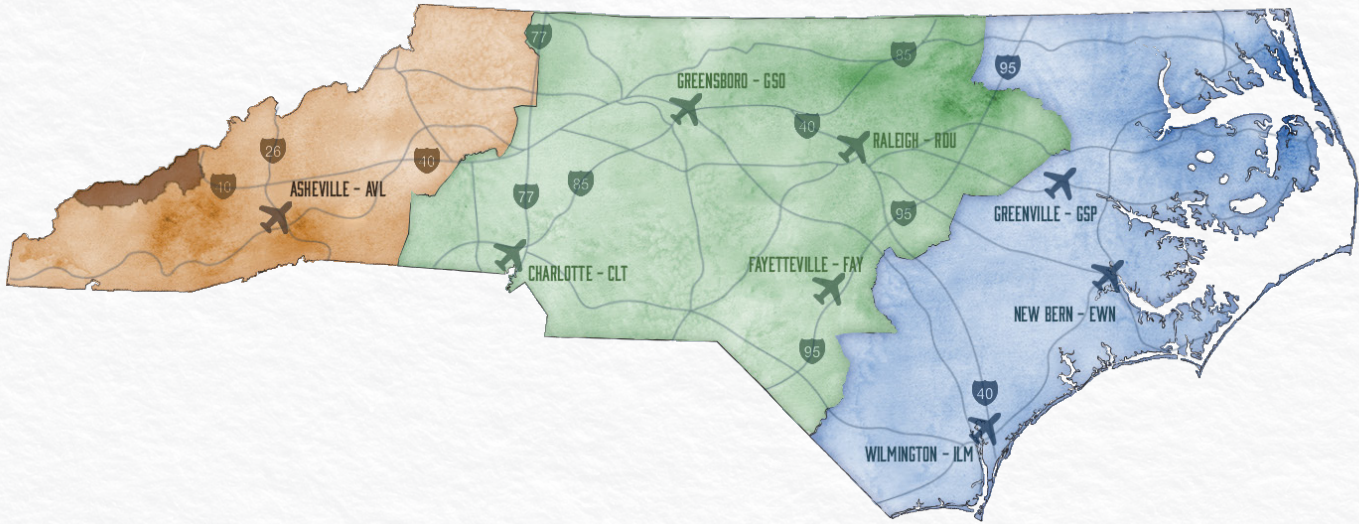
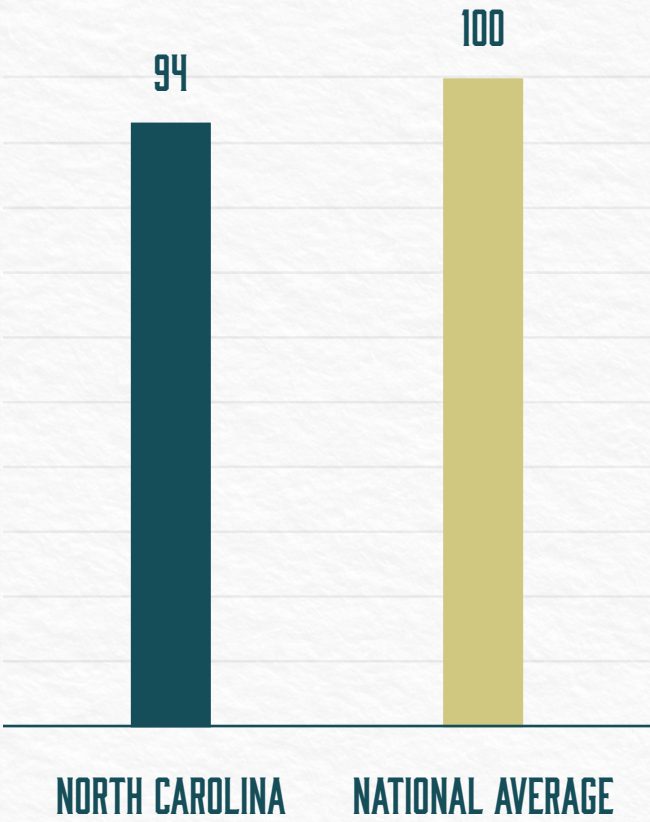
Physicians: 20.9	Dentists: 4.3	Nurses: 93.5
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## CONTACT

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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.



## CLIMATE

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.

NC Region	Avg. Temp.	Avg. Rainfall	Avg. Snowfall
Mountains	55°	48"	16"
Piedmont	59°	41"	8"
Coast	64°	54"	2"



# EDENTON

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 wont be bored in Edenton unless you really try.



LOCATION

COAST



SIZE OF COMMUNITY

5,000



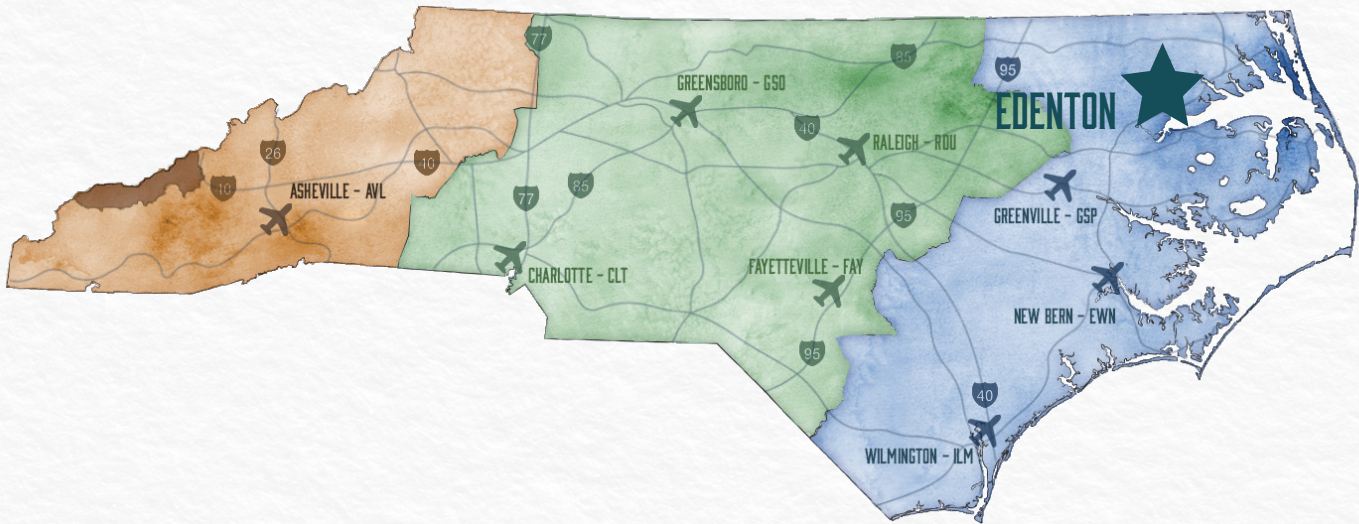
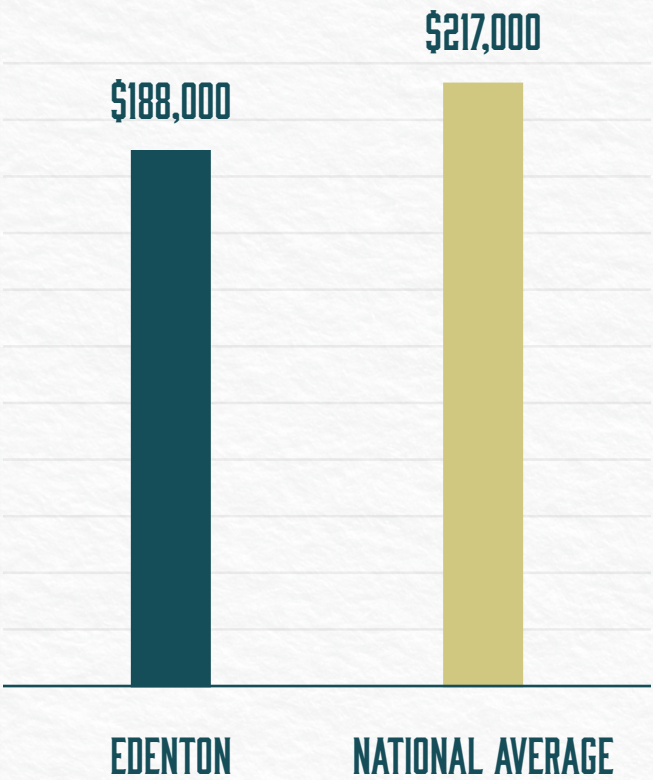
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## MEDIAN HOME VALUE

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



## 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.



# ELIZABETH CITY

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



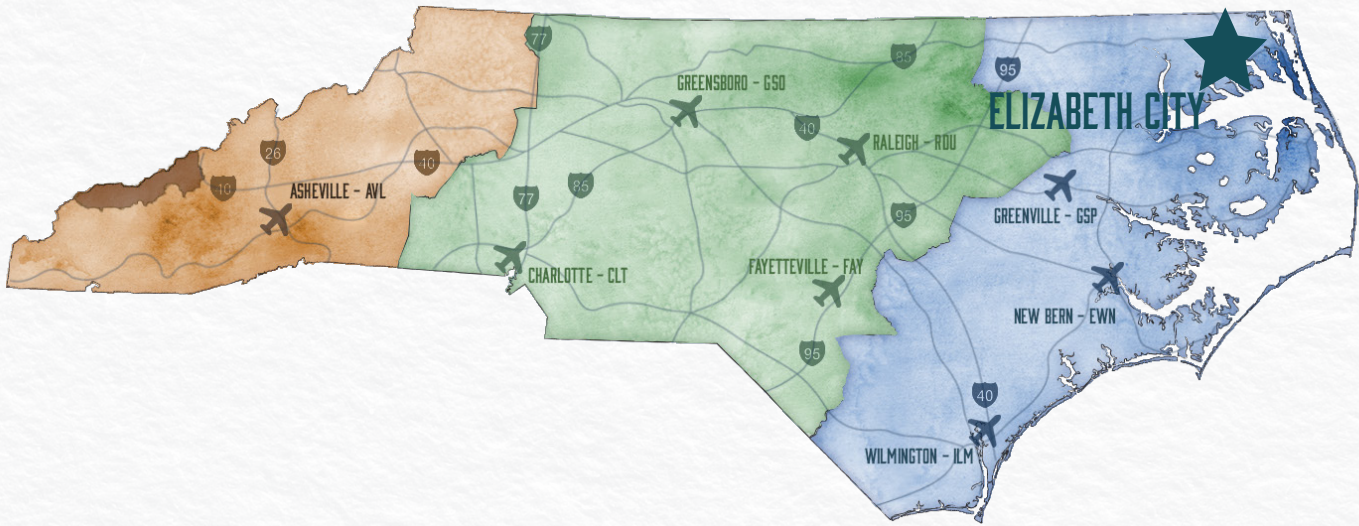
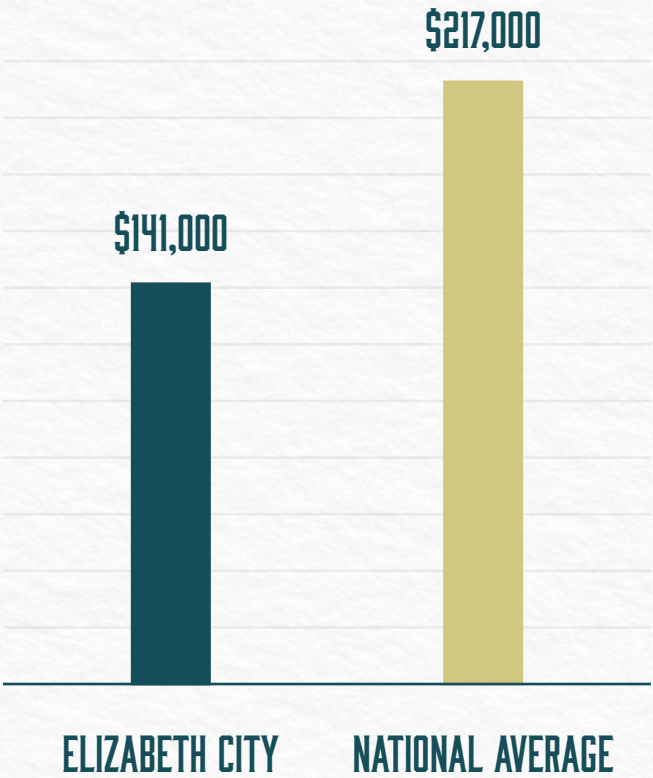
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## MEDIAN HOME VALUE

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## LOCATION

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.

## QUALITY OF LIFE

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

## HEALTHCARE

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 Jamestown/High Point Area is not too big, not too small – and the perfect place to make yourself at home.

The Jamestown/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



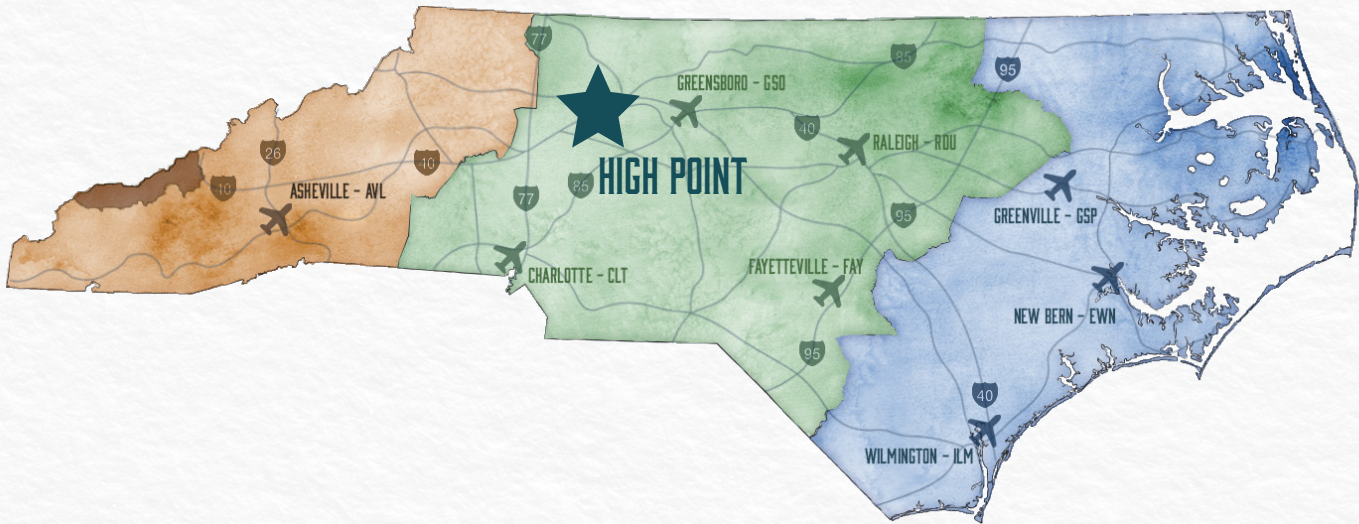
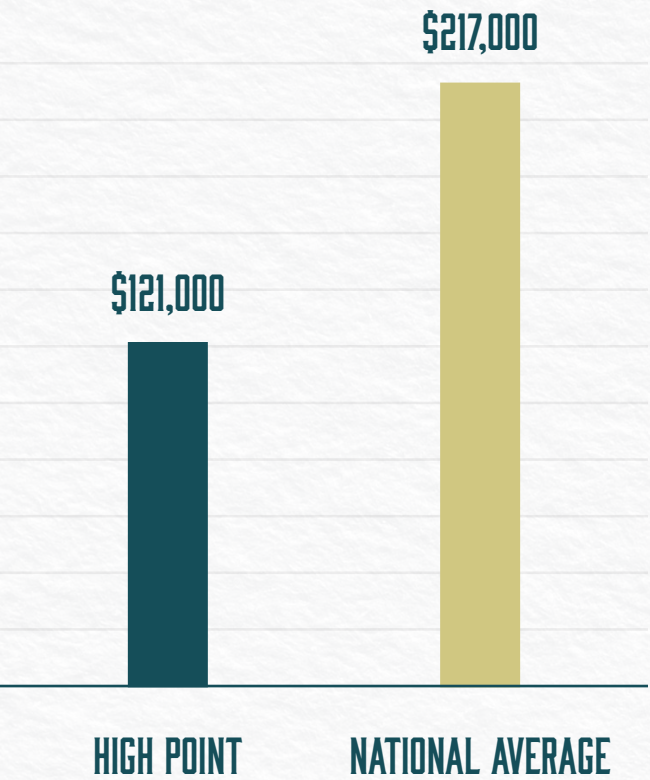
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## MEDIAN HOME VALUE

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## RECREATION

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.

## EVENTS

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.

## ARTS & CULTURE

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.



# CLAYTON- JOHNSTON COUNTY

Johnston County, affectionately known as JoCo to those in the know, is just 30 minutes east of Raleigh – far enough away from the urban areas to offer the charm of farm life and small-town living!

Johnston County, North Carolina offers great connections to history, entertainment, dining, lodging, and outlet shopping, along with a generous helping of true southern hospitality. With a growing culinary and craft beverage scene, as well as revitalized downtowns you don't have to travel far from home to find what you are looking for. The different communities that make up Johnston County have many things in common--a relaxed atmosphere and friendly people. From community festivals to sporting events, Johnston County is a kaleidoscope of unique sights, sounds, ideas and experiences complemented by a colorful array of rural and small-town history and culture.



LOCATION

PIEDMONT



SIZE OF COMMUNITY

110,000



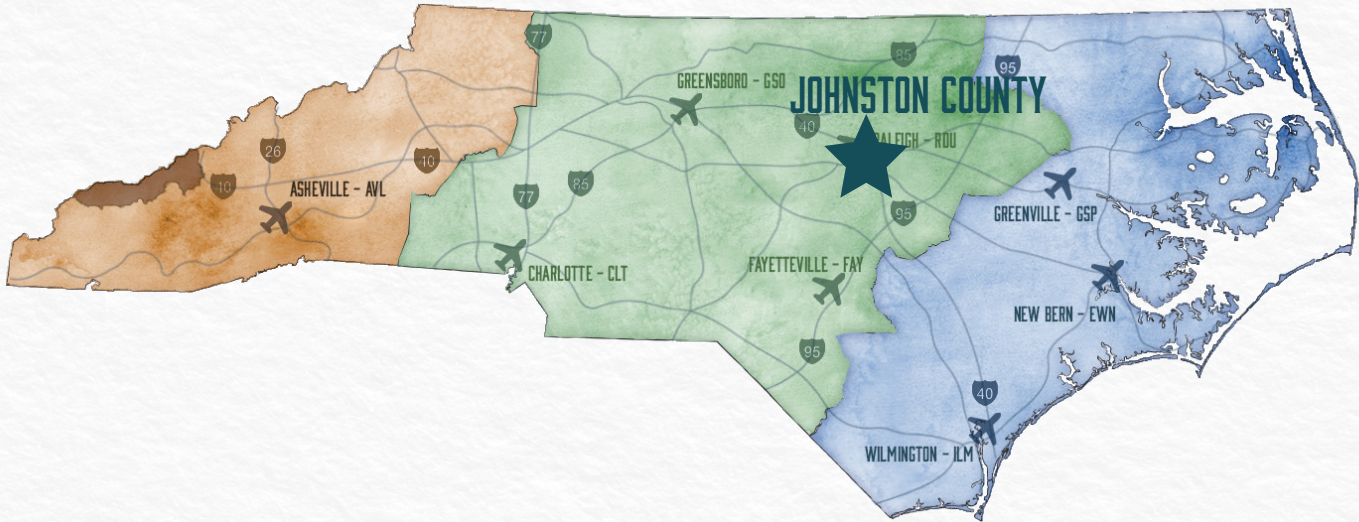
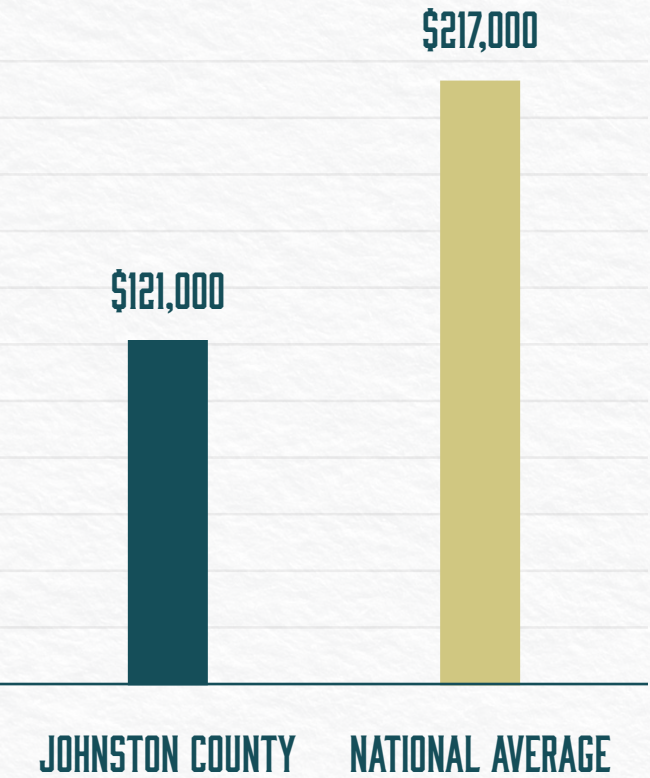
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## MEDIAN HOME VALUE

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## ACTIVITIES

The county seat, Smithfield, is home to many cultural sites and a thriving downtown offering gems like the Ava Gardner Museum. By far, the biggest draw to JoCo is the Carolina Premium Outlets located at Exit 95 on I-95, offering name brand stores like Kate Spade at discounted prices. Or visit downtown Clayton which is the hub for the arts community and offers unique, yearly festivals for every season. Live @ The Rudy offers musical comedy shows every weekend and is located in the Selma Antiques Shopping District. Explore the NC Civil War Trail that begins at the Bentonville Battlefield State Historic Site east of Four Oaks.

## HEALTHCARE

Johnston Health is Johnston County's health care system. Through a recent affiliation, Johnston Health is now part of UNC Health Care. The flagship hospital in Smithfield has 149 acute care beds and shares a campus with the SECU Hospice House and the Johnston Medical Mall, which is anchored by HealthQuest Fitness and Wellness Center. Johnston Health Clayton, which opened in 2009 as an outpatient center, became a full-service hospital after adding a three-story, 50-bed addition in January 2015.



# LAURINBURG

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



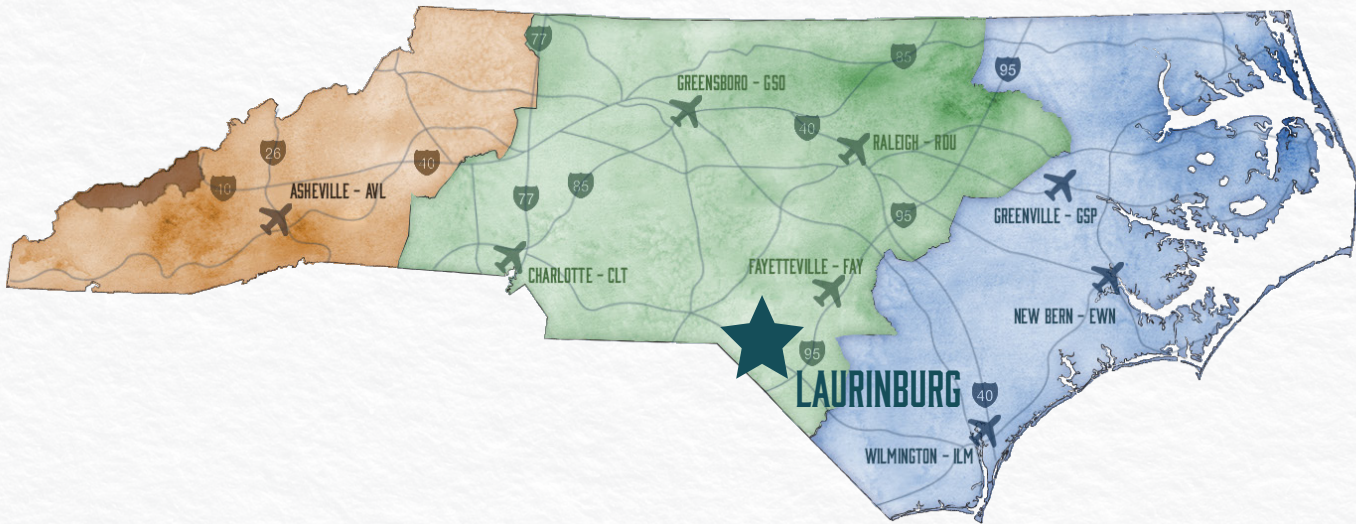
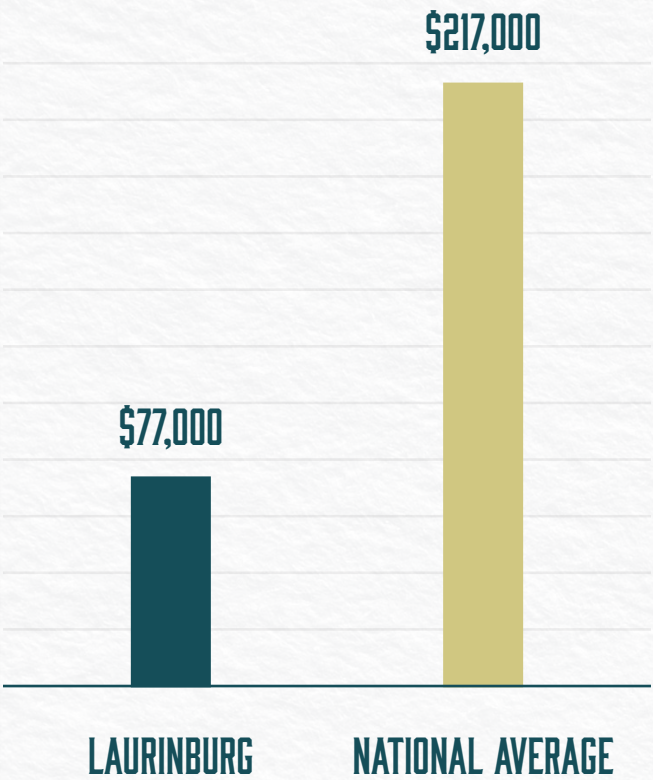
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## MEDIAN HOME VALUE

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## INVOLVEMENT

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.

## ACTIVITIES

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."



# LENOIR

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



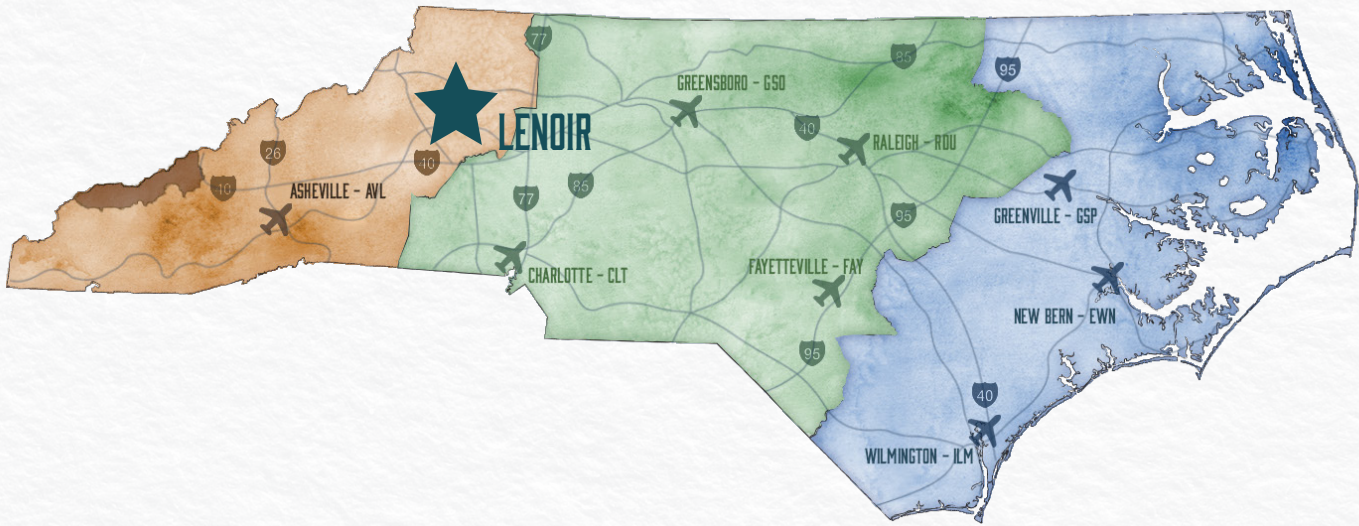
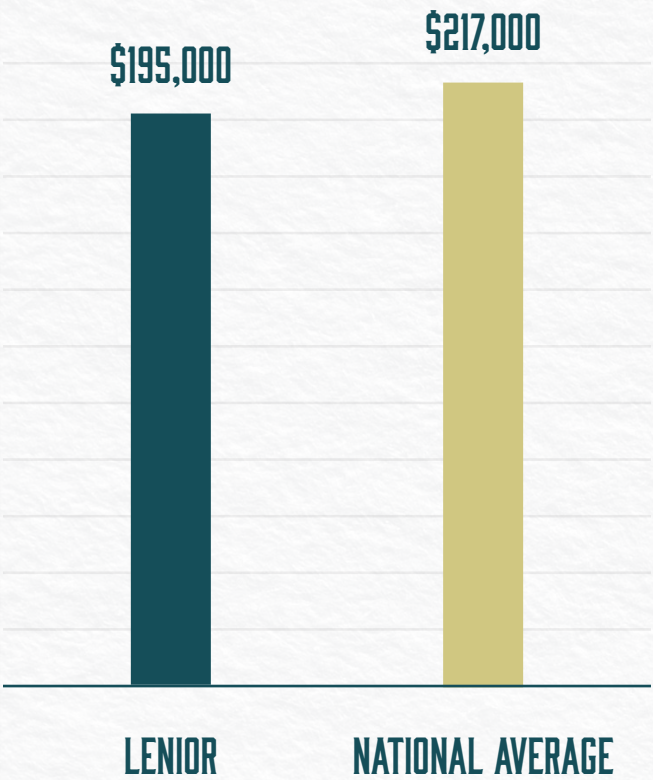
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## MEDIAN HOME VALUE

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## 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.

## 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.



# 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.




LOCATION

PIEDMONT



SIZE OF COMMUNITY

22,000



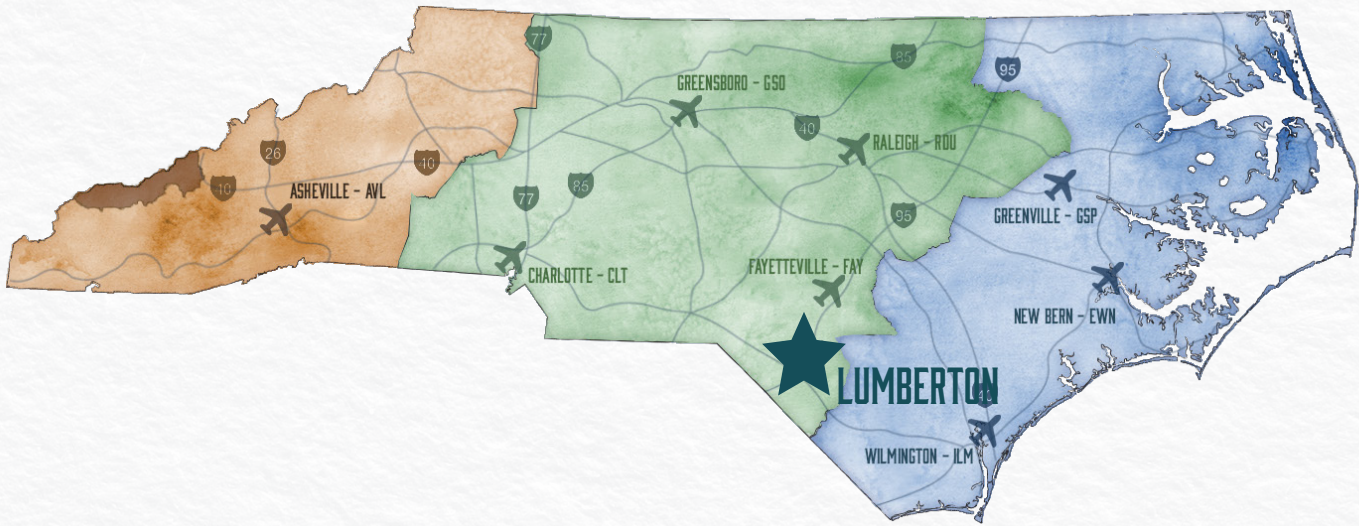
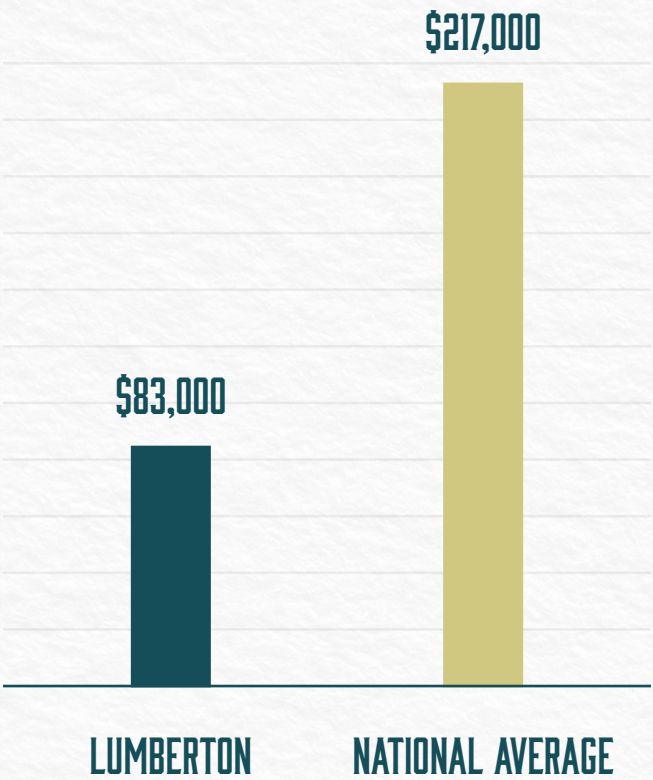
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## MEDIAN HOME VALUE

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## COMMUNITY EVENTS

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.

## LUMBER RIVER

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.

## DOWNTOWN

Listed on the National Register of Historic Places, 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.



# MARION

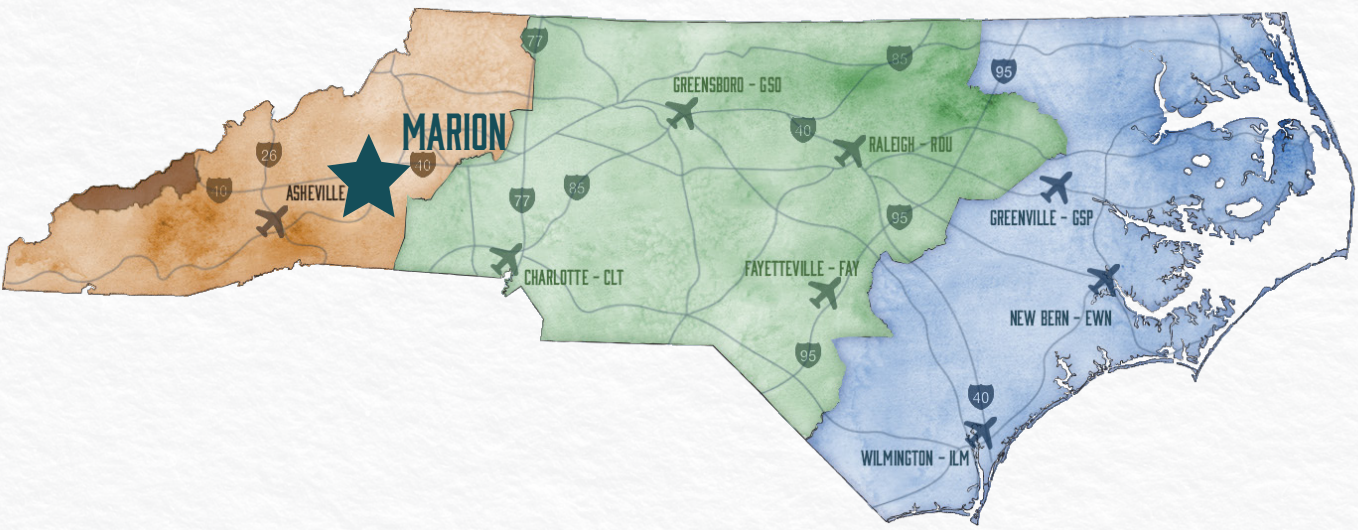
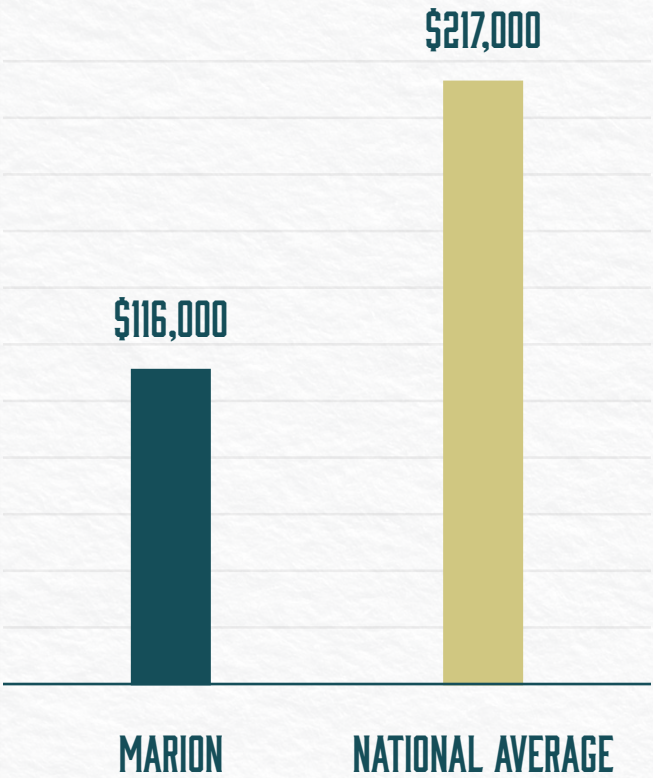
Marion boasts a historic, walkable downtown with locally owned shops and restaurants. Nearby Lake James and the Blue Ridge Parkway are backdrops for outdoor activities.

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

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## 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.

LOCATION

MOUNTAINS

SIZE OF COMMUNITY

8,000

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# 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.




LOCATION

PIEDMONT



SIZE OF COMMUNITY

10,000



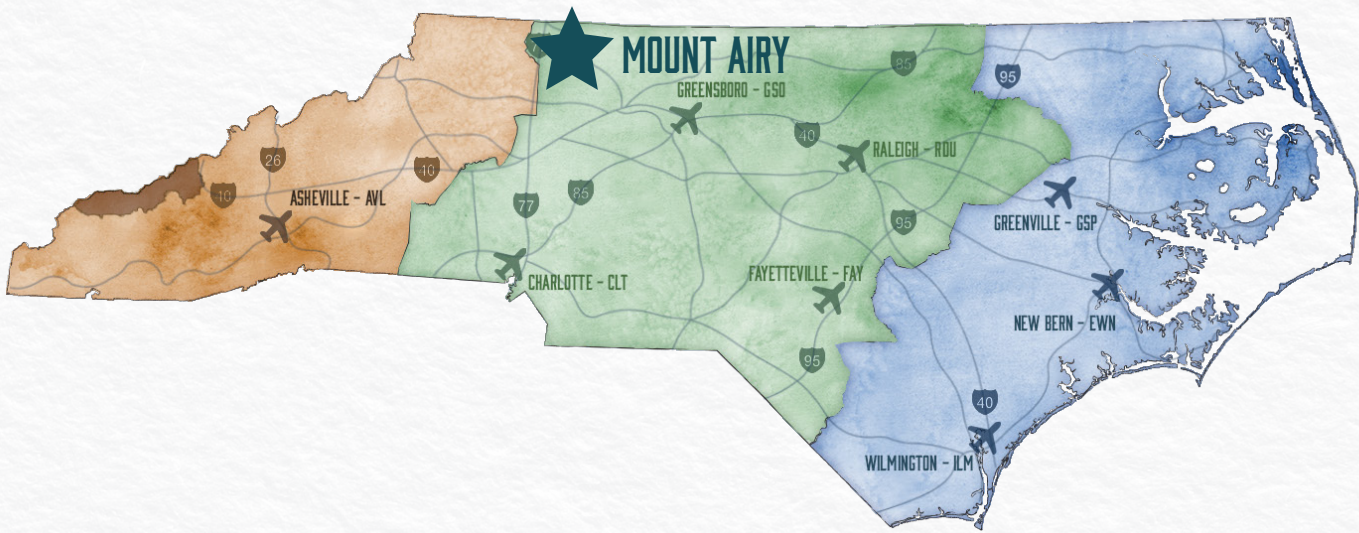
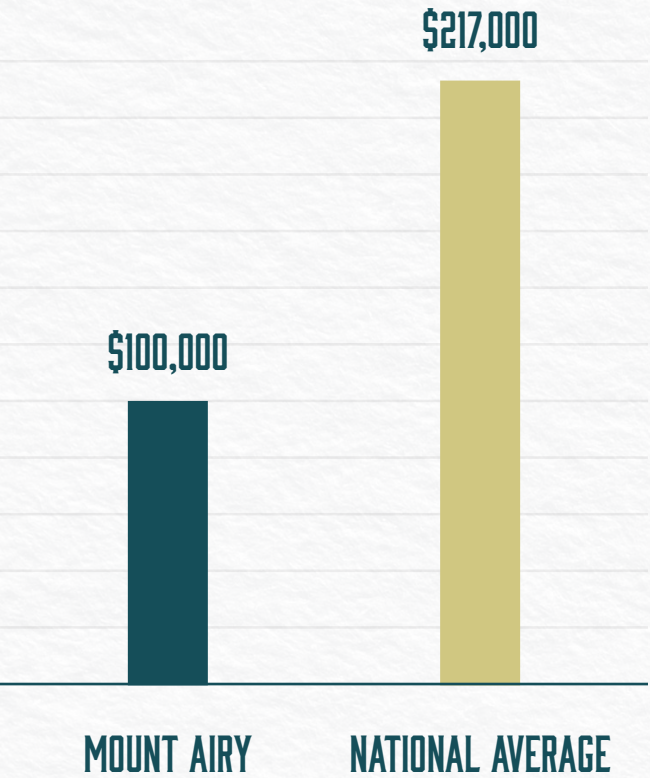
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## MEDIAN HOME VALUE

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## ARTS & CULTURE

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.

## RECREATION

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.



LOCATION  
COAST



SIZE OF COMMUNITY  
30,000

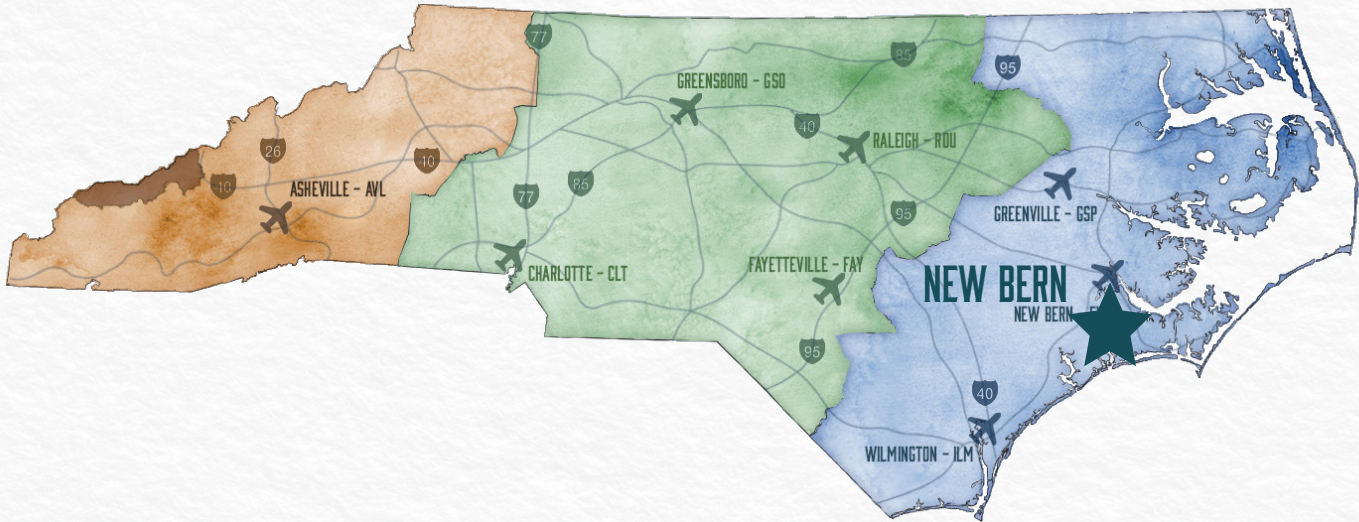
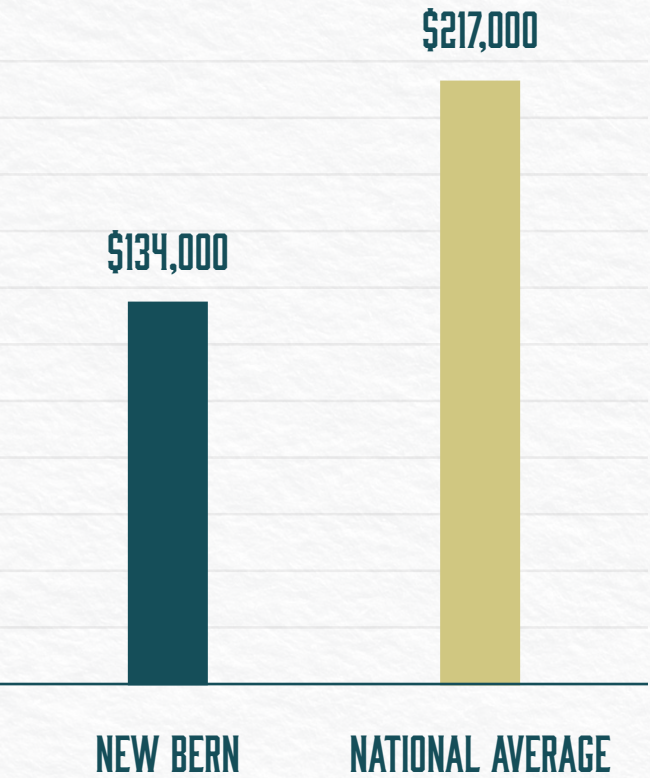


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## MEDIAN HOME VALUE

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## ARTS & CULTURE

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.

## RECREATION

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.



# REIDSVILLE

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!




LOCATION

PIEDMONT



SIZE OF COMMUNITY

4,000



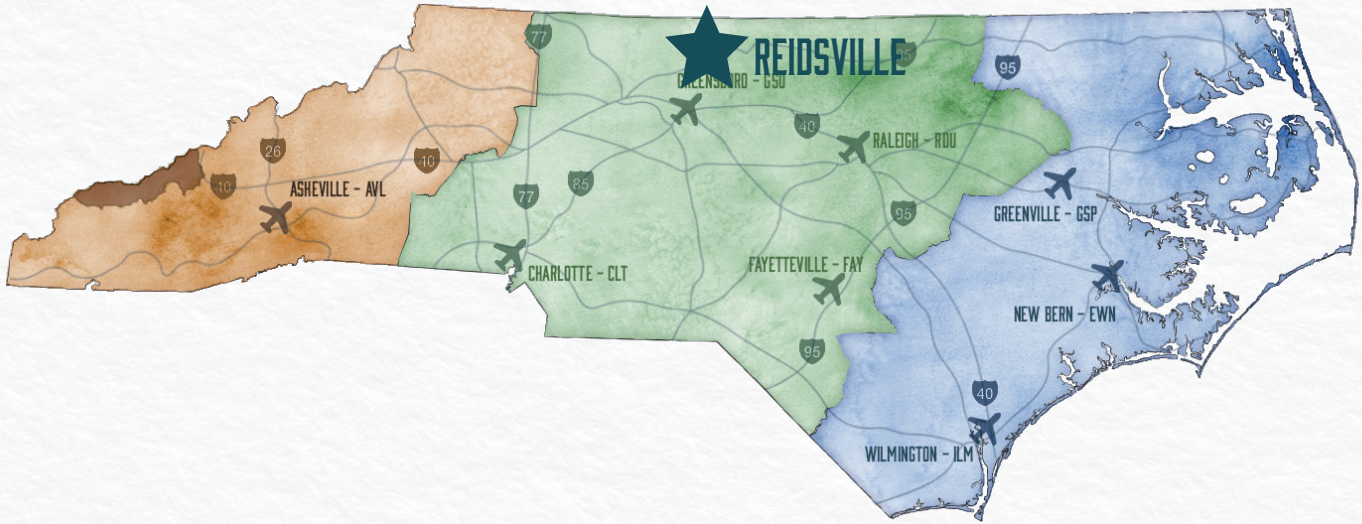
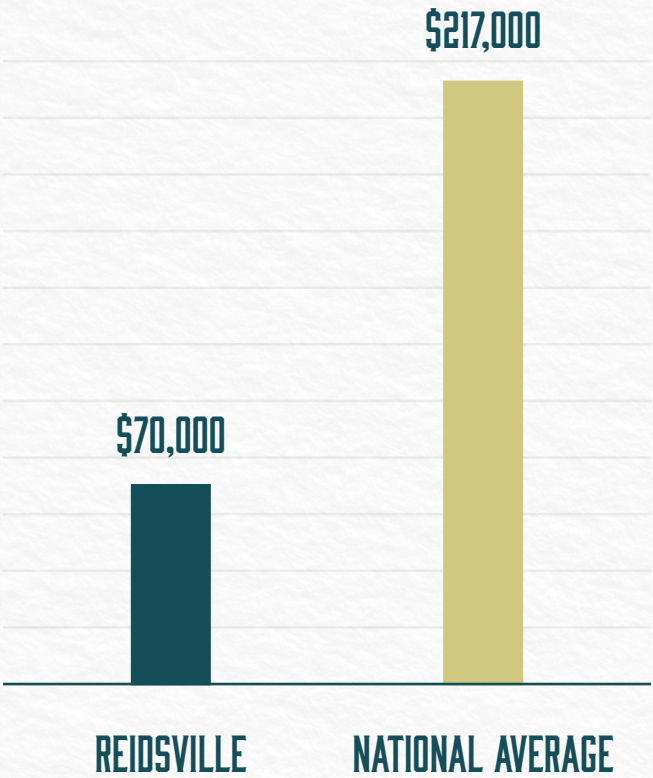
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## MEDIAN HOME VALUE

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## HEALTH CARE

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.

## SENIOR ACTIVITIES

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.



# ROANOKE RAPIDS

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.




LOCATION

COAST



SIZE OF COMMUNITY

15,000



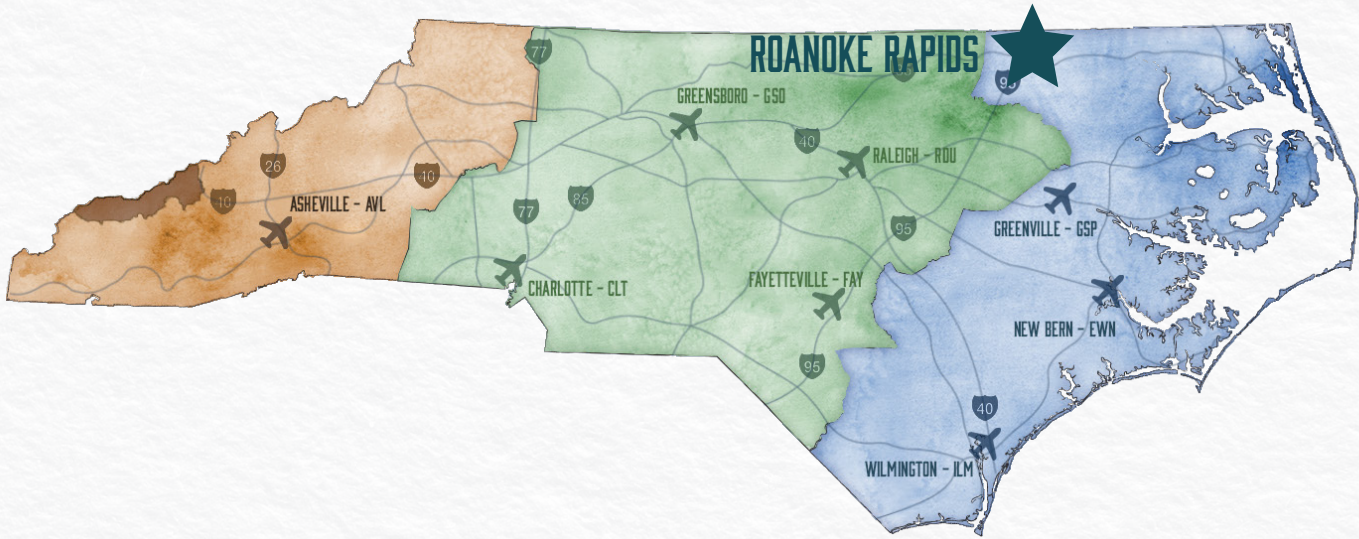
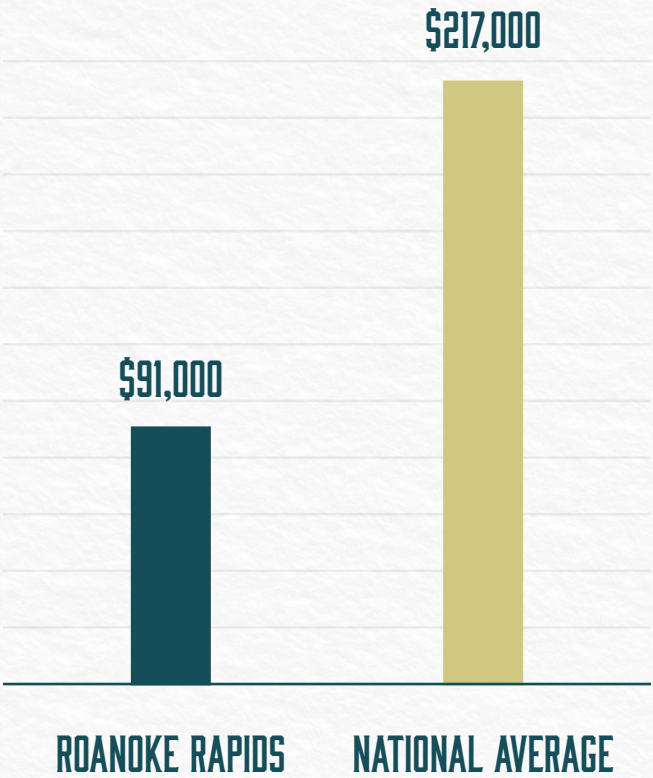
AVG. JAN / JULY TEMPS.

49° F / 90° F



## MEDIAN HOME VALUE

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



## RECREATION

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!

## HEALTH CARE

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.



# SALISBURY

In the heart of the Piedmont region of North Carolina, lies the historic City of Salisbury, located midway between Charlotte and Greensboro.

Salisbury boasts a rich, diverse population who are mindful to honor our past through historic preservation, while strategically planning for a future that embraces technology, growth and sustainability.

What makes Salisbury attractive to active, older adults is our variety of experiences for all cultures and ages. Catch a play at one of our three performance theaters or enjoy a Salisbury Symphony concert under the stars. Dine and enjoy a cold one in our 30+ local restaurants and breweries or take a short drive to the second largest lake in North Carolina - High Rock Lake. If health and fitness is your focus, take a walk along our many tree-shaded greenways, play a round at one of six golf courses or take a yoga class in a downtown studio.

Our residents come from a variety of backgrounds, each with a unique set of experiences and beliefs. It is our mission to be an inclusive community, whether it's through the Salisbury Human Relations Council, the grassroots efforts of the West End Community Organization or the Salisbury Youth Council. In addition, our four higher learning institutions welcome students who can lend a unique, worldly perspective in the classroom.



LOCATION

PIEDMONT



SIZE OF COMMUNITY

34,000



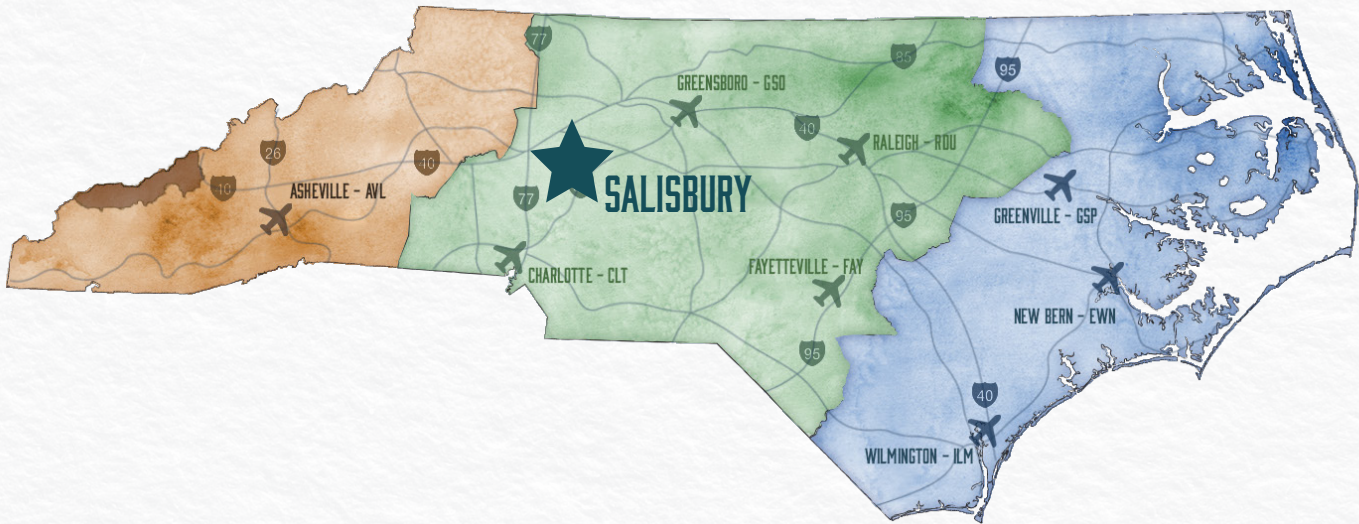
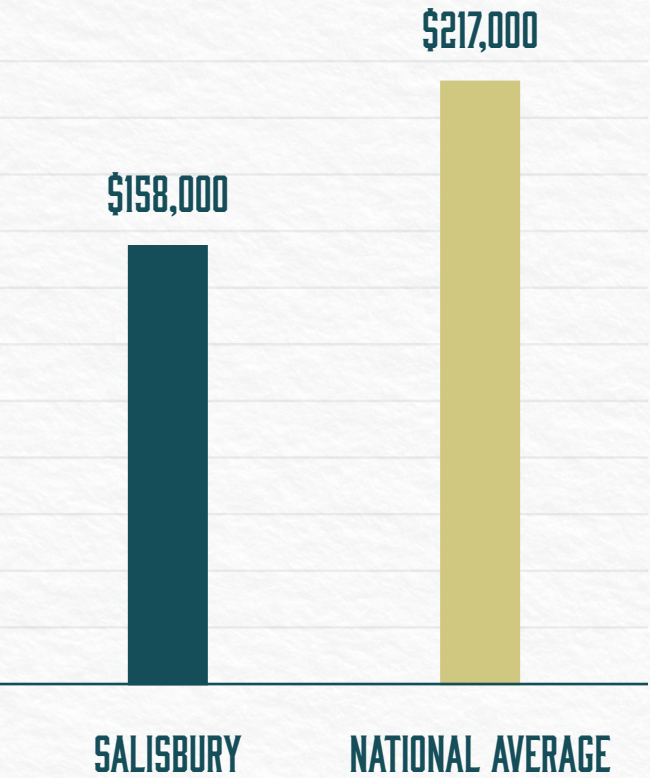
AVG. JAN / JULY TEMPS.

51° F / 89° F



## MEDIAN HOME VALUE

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



## RECREATION

Salisbury Parks and Recreation maintains 508 acres of beautiful park land, encompassing 29 park properties and parks, a swimming pool and splash pad, a sports complex and a large community park and athletic complex. In addition, the department provides many amenities for public enjoyment, including four recreation facilities, ten tennis courts, seven paved sections (5.2 miles) of the Salisbury Greenway, almost 20 miles of hiking and biking trails.

## HEALTH CARE

There are a number of nationally recognized programs that specifically cater to our more mature residents who desire specialized care. Rufty-Holmes Senior Center is considered a Center of Excellence and Nationally Certified Senior Center. The W.G. Hefner VA hospital is renowned for its care of our honored military veterans, while 17 retirement communities also call Salisbury home.



# TARBORO

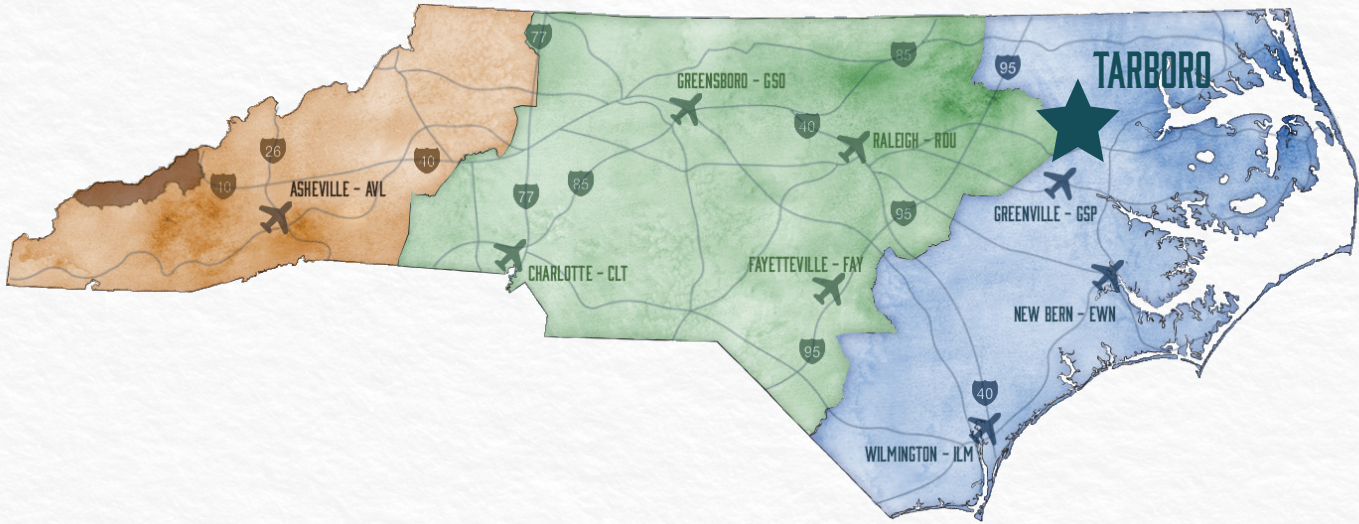
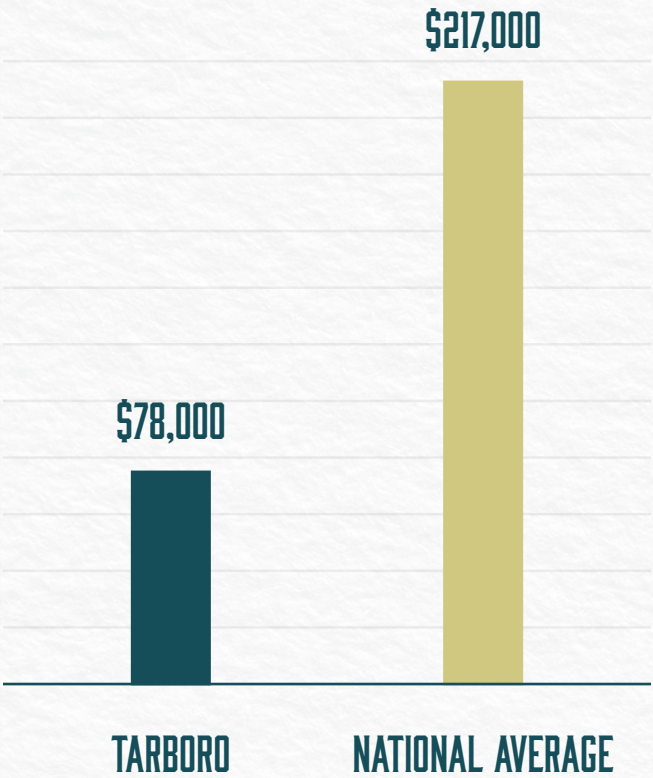
Take a stroll through history along the tree lined streets and become captivated in the unique landscapes of Tarboro; a historic community progressing while preserving its past.

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



## MEDIAN HOME VALUE

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



## RECREATION

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.

## SENIOR ACTIVITIES

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.

LOCATION

COAST

SIZE OF COMMUNITY

11,000

AVG. JAN / JULY TEMPS.

51° F / 90° F



# 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.



LOCATION

COAST



SIZE OF COMMUNITY

10,000



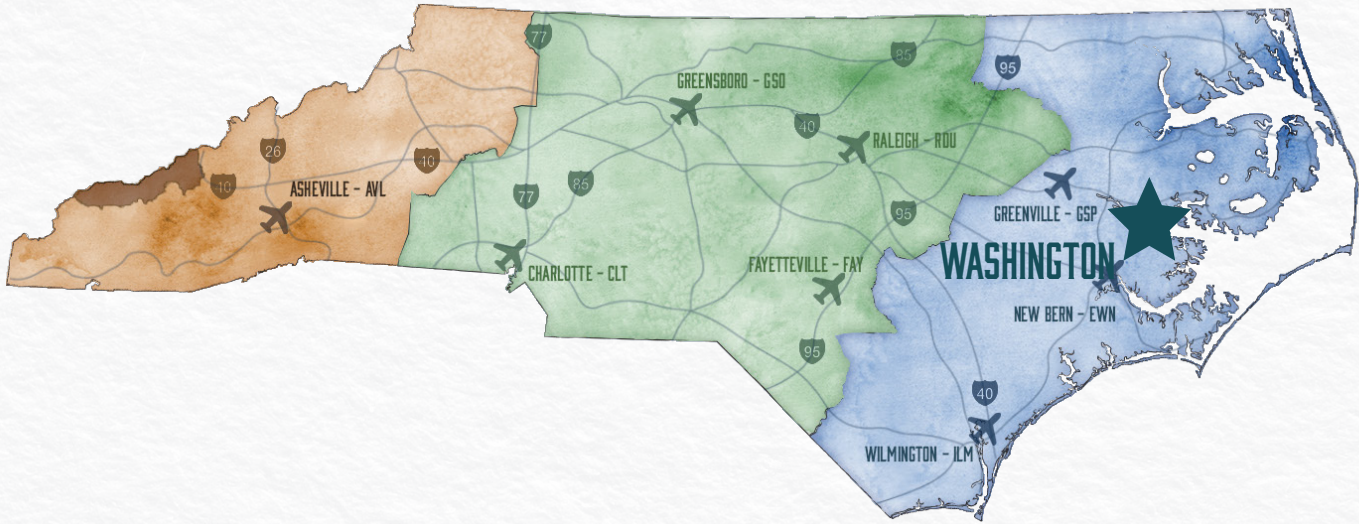
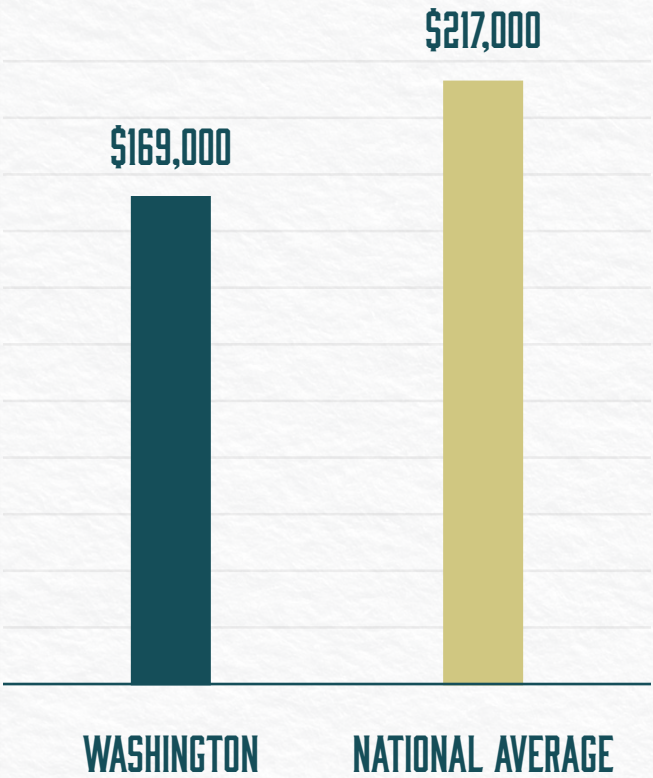
AVG. JAN / JULY TEMPS.

54° F / 90° F



## MEDIAN HOME VALUE

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



## ARTS & CULTURE

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!

## HEALTHCARE

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

A slice of the good life!

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.




LOCATION

COAST



SIZE OF COMMUNITY

10,000



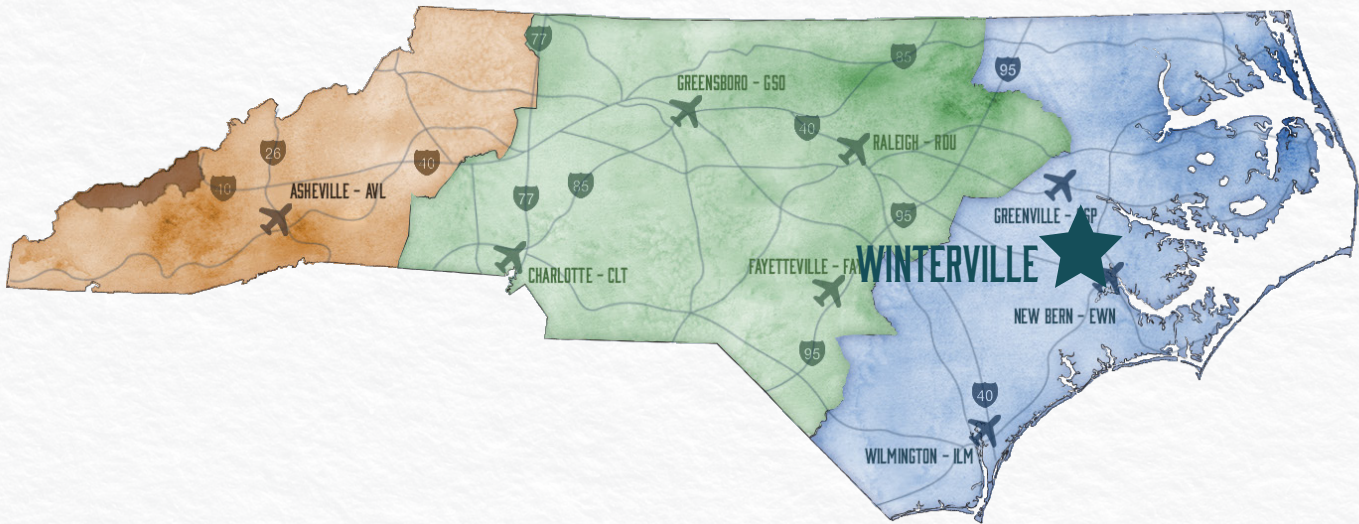
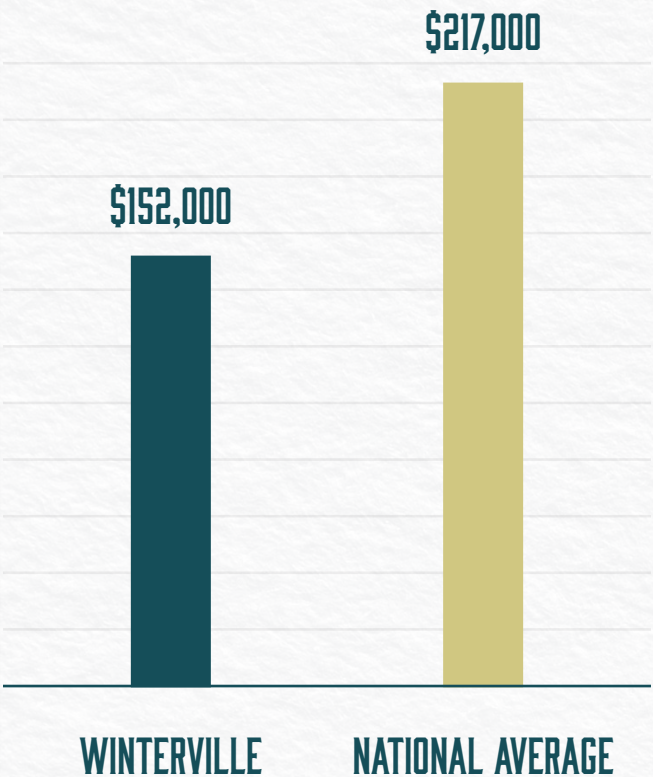
AVG. JAN / JULY TEMPS.

52° F / 90° F



## MEDIAN HOME VALUE

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



## ARTS & RECREATION

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!

## EMPOWER YOURSELF

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!



WEBSITE

RETIRENC.COM

PHONE

919.447.7771

ADDRESS

15000 WESTON PARKWAY | CARY, NC 27513