



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

Climate

From our coastline and urban centers 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	Average Temp	Average Rainfall	Average Snowfall
Mountains	55°	48"	16"
Piedmont	59°	41"	8"
Coast	64°	54"	2"

Quality of Life in NC

NC enjoys an unprecedented quality of living that is sought by the mature community.

Fast Facts

Personal Health Care Expenditures:

Per Capita Personal Health Care Expenditures:

N.C. \$5,191 (ranks 30th)
U.S. \$5,283

Per Capita Expenditures for Hospital Care:

N.C. \$2,910 (ranks 23rd)
U.S. \$1,931

Health Professionals per 10,000 People:

Physicians: 20.9 • Dentists: 4.3 • Registered Nurses: 93.5

Cost of Living

The price of housing, utilities, supplies and groceries, transportation and health care are below the national average and our state and local taxes are currently equal to the national average.

Arts & Entertainment

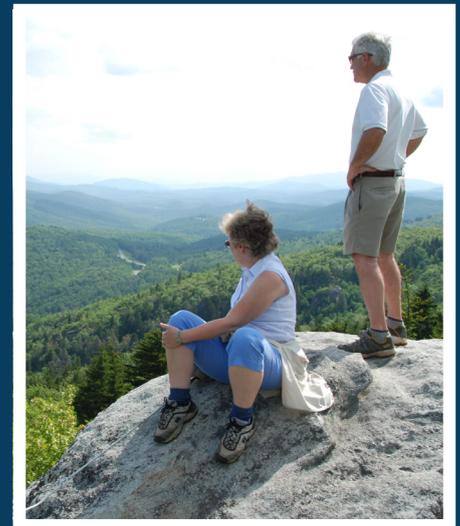
A range of symphonies, ballets, theaters and outdoor dramas span the state, along with a 500-acre zoo and three aquariums.

Recreation

With more than 300 miles of coastline, North Carolina is a great location for water sports from boating to saltwater fishing. Horseback riding and hiking are popular activities in the Piedmont and through the mountains. North Carolina is recognized worldwide for its more than 600 golf courses.

Popular Cultural and Historic Attractions:

- U.S.S. North Carolina Battleship
- Biltmore Estate
- Cherokee Indian Reservation
- Fort Macon State Park
- N.C. Museum of Art
- N.C. Zoo
- Wright Brothers National Memorial



Wineries

With 400 vineyards and more than 100 wineries across 50 counties, North Carolina has risen to become one of the top grape and wine producing states in the country.



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

Quality of Life

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.

Cultural Opportunities

Carolina Civic Center, Givens Performing Arts Center, Robeson County Arts Council

Community Events

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.

Downtown

Listed on National Register of Historic Places; recently renovated with new streetlights, landscaping and buried utilities

Parks

Luther Britt Park, Northeast Park, Stephens Memorial Park

Lumber River

Scenic River Walk, Kayaking, Canoeing, Fishing and Birding Trails. Voted one of North Carolina's Top 10 Wonders in the State of North Carolina in 2010.

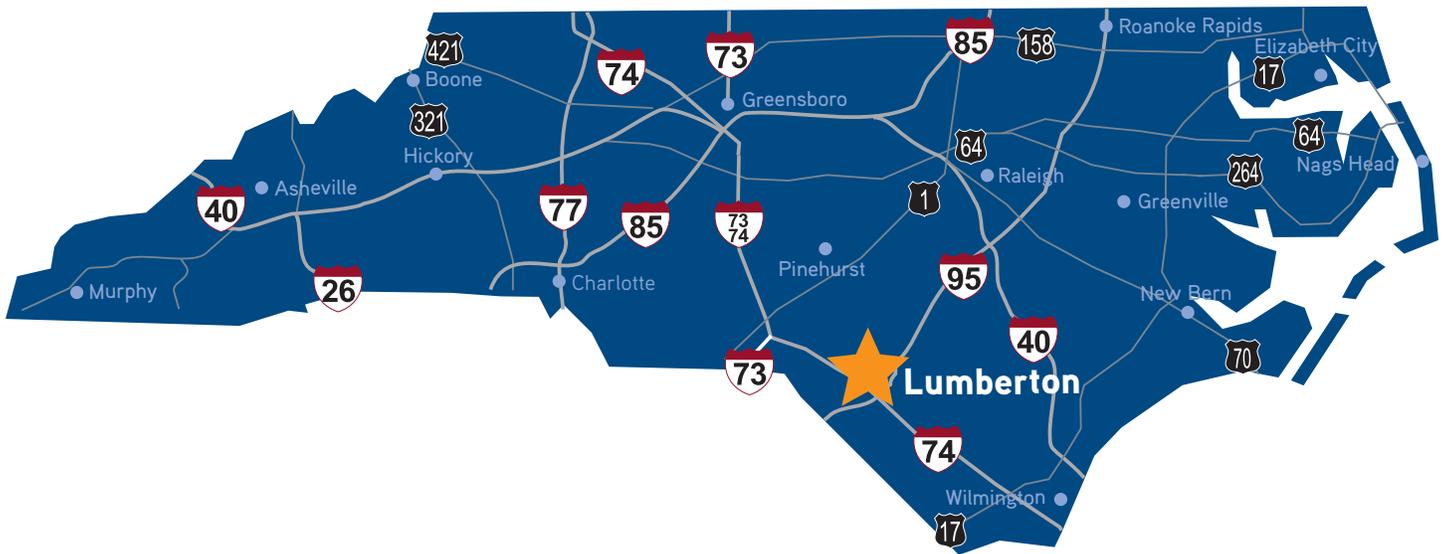
Higher Education

The University of North Carolina at Pembroke is a master's-level degree granting university and one of the 16 schools that comprise the University of North Carolina system and was named on The Princeton Review's list of "America's Best Value Colleges." Community enrichment and job-training courses in specialized fields like nursing and aviation are available through Robeson Community College.

Healthcare

Southeastern Health Medical Center is a fully accredited, not-for-profit hospital offering comprehensive patient care and a wide array of health care services including the Lifestyle Rehabilitation/ Fitness Center, Community Health Education Center, Diabetes Community Center of Robeson County, Gibson Cancer Center, and the Southeastern Heart Center (managed by the Duke University Health Center).





Quick Facts

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.

Health care facilities, housing and other services pertinent to those of us who are 55+ are available in Lumberton where the sun shines bright. Take a tour of what we have to offer by viewing the "Welcome" Video at www.lumberton-nc.com. You may also visit our website at www.ci.lumberton.nc.us. Stop by for a visit! You will probably catch us on a sunny day.

Established in 1787 as Robeson County Seat and Incorporated in 1859

Location: Midway point between New York and Florida on I-95; N. Myrtle Beach 70 minutes; Pinehurst Country Club 45 minutes; North Carolina Mountains 4 hrs., Lake Waccamaw 45 minutes; Fort Bragg/PX 45 minutes.

Area Offerings: Darlington Speedway, SC - 75 minutes; Charlotte Football and Basketball - Home of the Carolina Panthers and Charlotte Bobcats - 3 hrs; Raleigh Hockey - Home of the Carolina Hurricanes - 2 hrs; The Crown Coliseum in Fayetteville - Home of the Fayetteville FireAntz (Hockey) - 30 minutes.

Population (2012): Lumberton - 21,542;
Robeson County - 134,168

Median age: 35.5

Area: Lumberton - 17 sq. miles;
Robeson County - 949 sq. miles

Per capita income (2012): \$18,982

Average household net worth: \$347,317

Average household income: \$49,823

Median home sale price: \$102,000

Median value of home equity: \$131,323

Labor force: 60,396

Unemployment rate: 9.83%

Sales tax rate: 5.75% State & 2.25% local = 8.00%

Property tax rate: City \$.63/\$100, County \$.79/\$100

Climate: Average high - 63F; Average low - 50F;
Average annual snowfall - 2.0"





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.

Location - Western NC's Blue Ridge

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. The Blue Ridge Parkway is 23 miles north of Marion. Asheville Regional Airport is a half hour drive and within 90 minutes, is the Charlotte Douglas International Airport. Thanks to the Isothermal Belt the climate is mild and growing seasons are extended.

Housing

The median sales price of a single family home in Marion is \$130,000. Find your new home online at www.mcdowellmls.com.

Healthcare

Mission Hospital System, recognized as the number one NC Hospital in 2012, operates McDowell Hospital. In 2014, Blue Ridge Healthcare recently opened a new facility in Marion.

Come Play With Us!

- 24 Hiking and Waterfall Trails
- Mountain Bike Trails
- 5 City Parks & 6 County Parks
- McDowell Quilt Block Trail
- Motorcycle & Sports Car Trails
- Vineyard Trails
- Riverside and Greenway Trails
- NC Civil War Trails
- Downtown Walking Trails
- Lake James State Park





Arts and 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 (phase one is open with a second opening in 2014), 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.



NORTH CAROLINA



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

Quality of Life

- Eden has fewer than 16,000 residents, so you can enjoy the pleasant small town atmosphere, but it is less than one hour from the larger metropolitan areas of Greensboro and Winston-Salem, NC.
- Take a trip on one of our two beautiful rivers, the Smith and the Dan.
- Have a picnic at Freedom Park or the John E. Grogan Park - both conveniently located in the center of town.
- Stroll the Smith River Greenway, a 1.7 mile scenic route along the Smith River.
- Keep fit in any of four fitness centers.
- Enjoy our two pristine golf courses. More than 100 Canadian golfers come to Eden each year just for these courses. We think you will like them too.

Quick Facts

- 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!



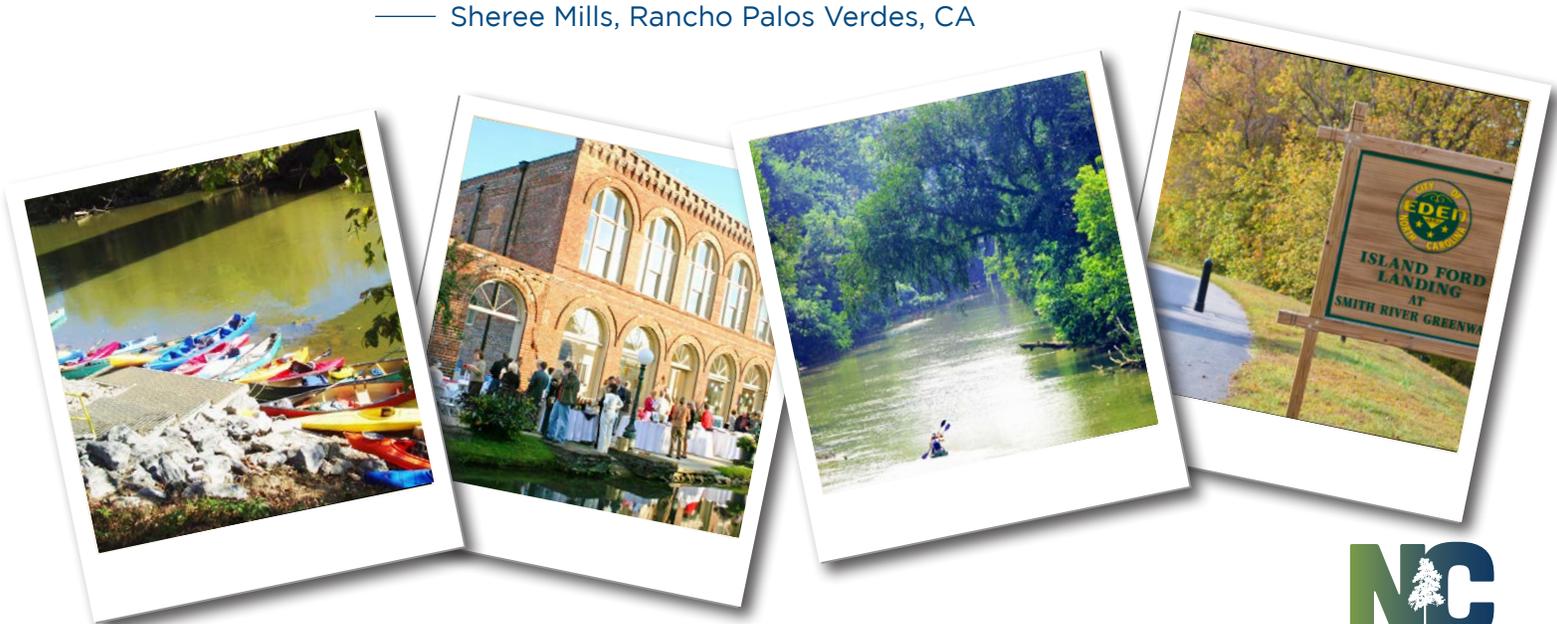


What do our visitors have to say about Eden?

“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, literal-ly 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

“My quartet, Abbracci, and I had the most wonderful four days in Eden. The Men’s Night Out event in the downtown area was a real testament to what a fun loving community Eden really is. Throughout the stay, we were energized by the friendliness of everyone we came in contact with. While in town, we visited several eating establishments, shopped in the quaint downtown area, participated in a fabulous variety show at the newly renovated R. Duane Best Auditorium, and attended a service at First Presbyterian Church. As we made our way all over town, we marveled at the beautiful landscape of the rolling hills, the lush greenery and picturesque vistas at every turn.”
— Sheree Mills, Rancho Palos Verdes, CA





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.

Location

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).

Size of the Community

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.

Weather

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.

Recreation Resources

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.

Arts

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.

North Carolina Zoo

The North Carolina Zoo is one of the largest natural habitat zoos 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.





Winding rivers, rolling hills and a creative community are just a taste of what you'll find in charming Pittsboro, minutes from the Research Triangle in central North Carolina.

Relax, play, learn, connect . . . retire in Pittsboro, NC

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. The town is just four hours from the Blue Ridge Mountains to the west and Atlantic Ocean to the east, making either destination an easy getaway. With four distinct seasons and a mild winter, outdoor excursions are possible year-round.

Housing options include historic homes and farms, two continuing care retirement communities, Galloway Ridge and Carolina Meadows, and several planned developments featuring housing options at a variety of price points.





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. The essence of Mount Airy lies in our charming historic downtowns and unique festivals, to our proximity to the Blue Ridge Parkway and the distinctive Yadkin Valley wine region. 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

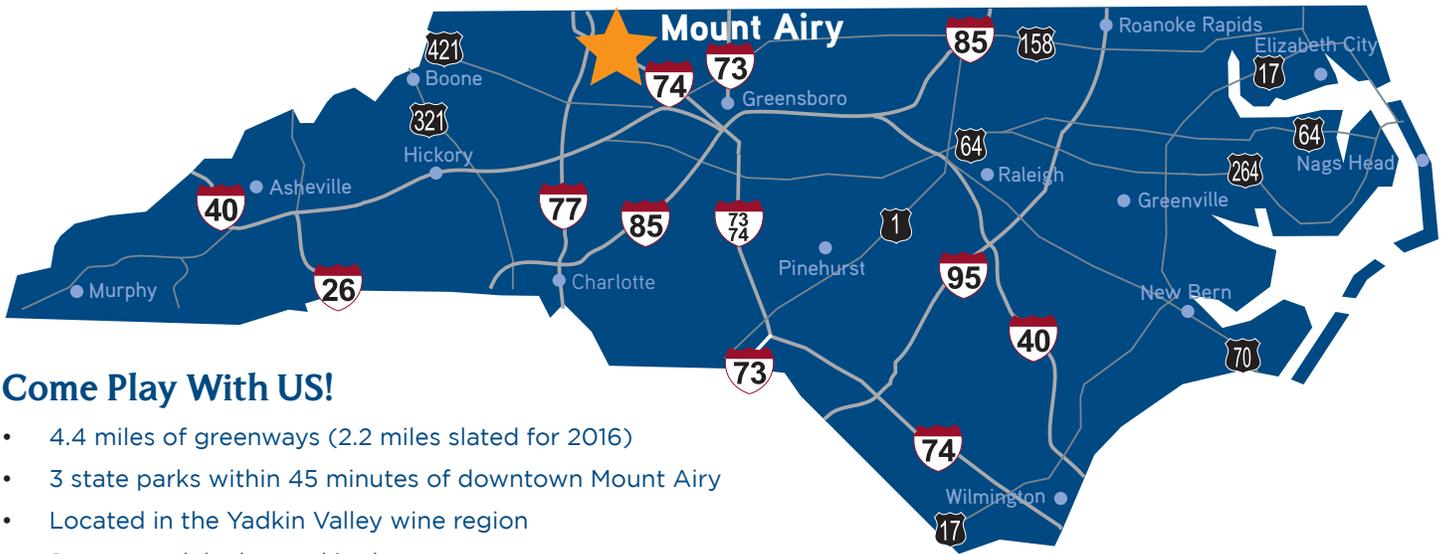
Mount Airy is the largest municipality and is located near the Blue Ridge Parkway with a population of 10,388. Mount Airy is part of the Piedmont Triad Region and within easy driving distance of several metropolitan areas including Winston Salem, Greensboro, and the Charlotte area. Mount Airy is known as "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.

Healthcare

Northern Hospital of Surry County, located in Mount Airy, NC has received the following HealthGrades accolades:

- America's Best 100 Hospitals
- One of HealthGrades America's 100 Best Hospitals for General Surgery™ in 2013
- One of HealthGrades America's 100 Best Hospitals for Critical Care™ for 2 Years in a Row (2012-2013)
- Ranked Number #1 in North Carolina for Critical Care by America's Best 100 Hospitals
- Ranked Number #2 in North Carolina for General Surgery by America's Best 100 Hospitals
- Recipient of the Health Grades Critical Care Excellence Award for 5 Years in Row





Come Play With US!

- 4.4 miles of greenways (2.2 miles slated for 2016)
- 3 state parks within 45 minutes of downtown Mount Airy
- Located in the Yadkin Valley wine region
- 2 country clubs located in the county
- 470 designated miles of scenic bikeway miles for cycling
- 4 Rivers located in the county that host a variety of paddling and fishing opportunities
- 30 miles of sidewalk citywide in Mount Airy
- Citywide recycling
- 5 city parks
- 7 golf courses in the county
- A community college that offers a variety of classes that includes winemaking, arts, quilting, basket weaving and gardening
- Disc Golf

Arts and Culture

Mount Airy is home to The Andy Griffith Museum, The Mount Airy Museum of Regional History, The Surry Arts Council that hosts the Summer Concert Music Series at the Blackmon Amphitheatre and The Historic Earle Theatre. Mount Airy has frequent festivals including The Budbreak Wine Festival, Autumn Leaves Festival, Mayberry Days, Tommy Jarrell Festival, July 4th Parade and Celebration, Farmfest, Mount Airy Fiddlers Convention, 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.





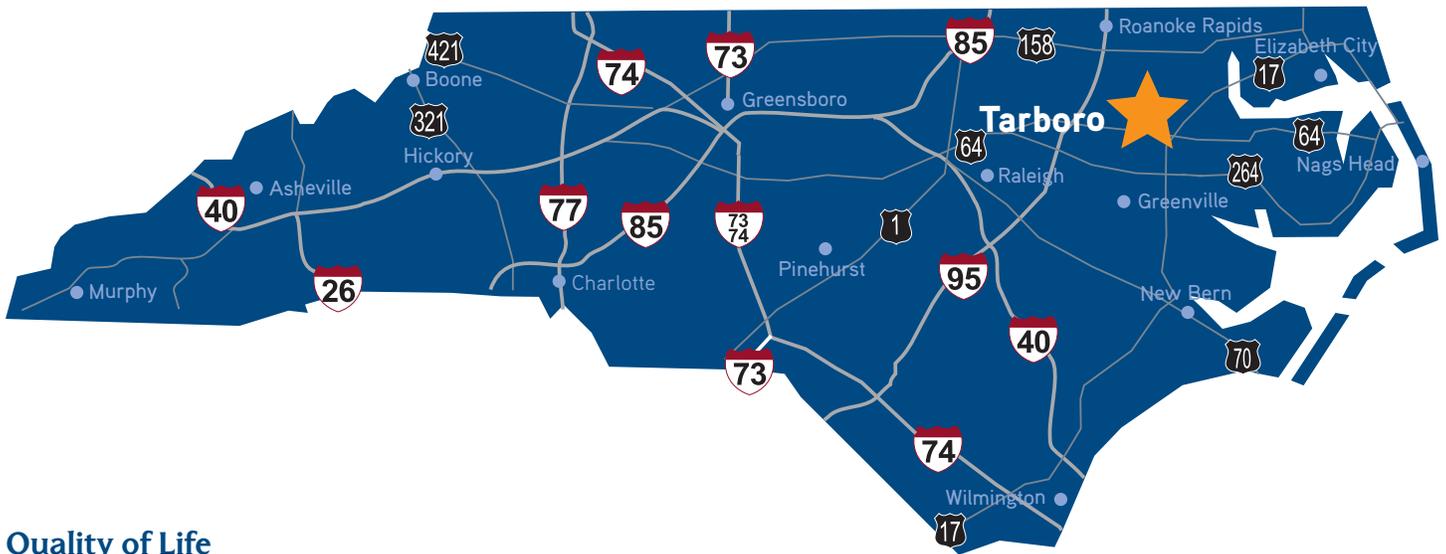
Take a stroll through history along the tree lined streets and become captivated in the unique landscapes of Tarboro; a historic community progressing while preserving its past.

Founded more than 250 years ago, 16 years prior to the signing of the Declaration of Independence, the Town of Tarboro is a shining example of a historic community embracing progress while preserving its storied past. If you're looking to be a part of a modern day Mayberry, Tarboro is the place to be. Our trademark is a "front porch kind of town" with friendly folks who make any visitor feel welcome through creating a sense of home. Tarboro is a relatively safe place to call home because of the close bond the community shares with one another. What retiree would not want to take a stroll down our tree lined streets or 45 block historic district? While Tarboro is a growing town, our natural landscapes remain abundant. An example of this would be Tarboro's 15-acre Town Common, one of only two remaining original Town Commons in the United States.

Downtown

Tarboro's downtown is in the National Register of Historic Places. One can expect to see beautiful turn of the century buildings, showcasing architecture dating back to 1884. Because of the beautiful natural and man-made features one can take in while strolling along downtown, it makes for a pleasant walking experience. Our small, yet vibrant downtown would be effortless for any new resident learning to move about. One can expect to find small boutiques like Rusty's or Caroline's Creations, eateries like Addie's Café, On the Square, and Classic Diner and a variety of other retail/professional business. These locally owned and operated businesses are dedicated to serving the community, providing the best products and services. In an effort to see continued success, the town government is actively engaging in revitalization efforts. An example of this effort can be seen with the town's support in applying and receiving a grant for a new Micro-Brewery to assist with renovations of a late 1920s building.





Quality of Life

Tarboro has an exceptional quality of life with an abundance of opportunity. Tarboro has a wide variety of housing options available to meet needs of potential retirees. There are many viable options within the downtown district alone.

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.

Tarboro's faith based community is strong, offering a variety of denominations. These religious organizations are a big part of what makes Tarboro's atmosphere welcoming. Tarboro's foundation was and still is our citizen's passion for serving the community. With our various civic organizations, churches, and healthcare, we have something for everyone wishing to be involved.

Southern Charm

There are many great towns in the south, but Tarboro reigns as one of the most charming historic places you will ever experience. When you stroll down our little town streets you stroll through a piece of history. And you're likely to be greeted in the same way that people have greeted both strangers and neighbors alike: with a "hey, how are you?" called out from a rocker on a front porch.

The area's temperate climate, low cost of living, quality of life, medical facilities, and cultural arts opportunities provide retirees a welcoming venue to learn, socialize, and simply enjoy retirement. Tarboro's small town charm makes it an ideal Certified Retirement Community. With the support of RetireNC, Tarboro looks forward to opening its doors so others can share in the unique and appealing lifestyle that it has to offer.





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.

Sanford Tops 'Best Place to Retire' Lists

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:

Location

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.

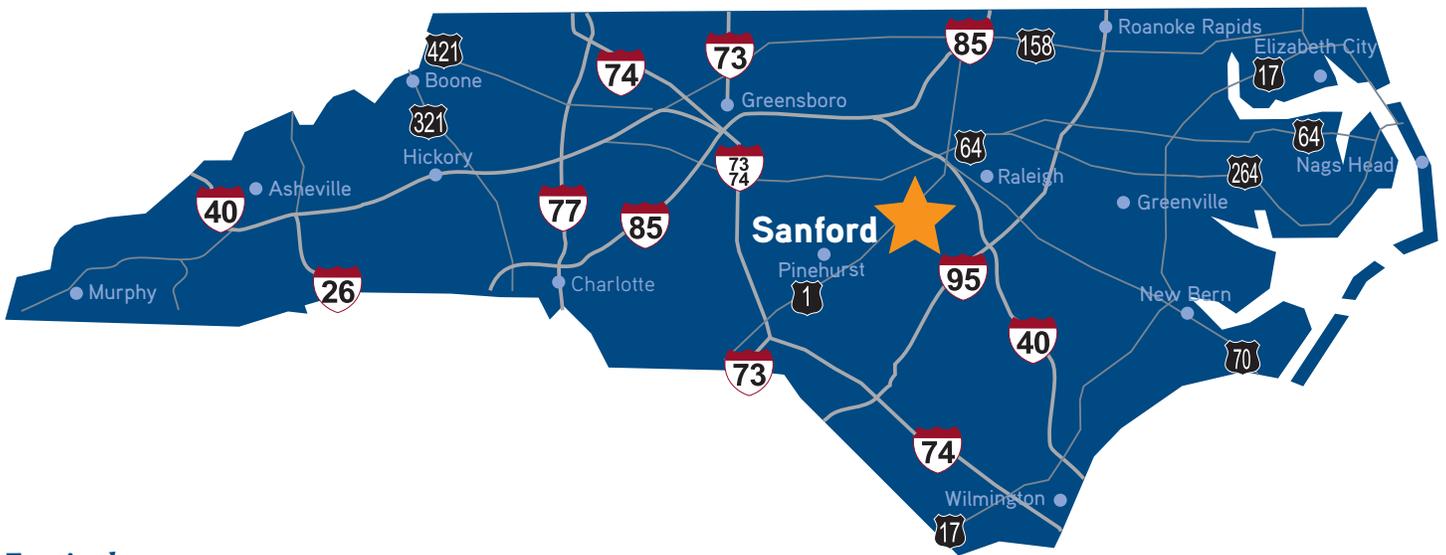
Size of the Community

Sanford boasts 30,000 residents with another 32,000 in the greater Lee County area - and it's still growing. The city's size makes it feel like both a quaint community and a modern, thriving, diverse city.

Arts and Culture

Despite its relaxed exterior, Sanford has a thriving arts scene. It is home to the Temple Theatre, a professional performing arts center that stages some of the most highly respected productions in the south. With the support of Downtown Sanford, Inc. and the Lee County Arts Council, Sanford's performing, visual, and textile artists have a vibrant presence throughout the community. Spend an evening listening to the Lee County Community Orchestra, watch a local potter create a masterpiece, or take a painting class at Carolina Artists' Colony.





Festivals

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.

Recreation

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.

Education

Indulge your passion for lifelong learning at Central Carolina Community College, a top performer in the state’s community college program that boasts three campuses and a plethora of continual learning opportunities. You can also build skills through a slate of no-cost workshops at Sanford’s Small Business Center.

Learning doesn’t stop there. Central Carolina Hospital offers health and fitness seminars featuring acclaimed physicians and nurses. The arts community hosts classes in painting, quilting, crafting, and more. The Lee County Enrichment Center provides a wide variety of weekly activities and special events.

Health Care

Sanford is home to a medical arts village centered around Central Carolina Hospital, a Duke Lifepoint Hospital. The village connects to a 4-mile greenway used for rehabilitation and a fitness center housing an Olympic-sized pool. UNC Medical Center, Duke Hospital, and First Health Moore Regional Hospital are all just a short drive away.



NORTH CAROLINA



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.

A Unique Little Town

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.

One of America's Prettiest Towns

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 can't be bored or lonely in Edenton unless you really try.

Weeders, Readers, and Docents

Edenton thrives on volunteers: "Weeders" who care for the Cupola House Gardens; "Readers" who help children learn; "Docents" who greet people at the Penelope Barker Welcome Center, the 1886 Roanoke River Lighthouse and other historic sites or get involved with the Arts Council as artists or patrons.

Eco-Tourism has been in vogue for about 350 years.

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.

Golf, Fish, Cruise, Walk, Play, Sail, Bike

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.





It Is Always the Season

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.

Architectural Wonders Everywhere You Look

Edenton is famous for its preservationist attitude in protecting and supporting its historic significance. No proof is needed to connect your genealogy to founding families, just a willingness to become part of something bigger.

Less Stress = Less Demand for Doctors and Hospitals, but we have them

Edenton has an excellent local hospital, Vidant, with a broad range of general and specialty doctors. Edenton is also the home base for a regional medical helicopter that provides fast transport, if required. 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.

Old Fashioned but Not Out of Style

Edenton has a unique historic downtown with a nice variety of retail, restaurants, coffee shops, hardware stores, and interesting boutiques. The neighborhood theater is digital, Wi-Fi and high-speed cable are everywhere and, yet, within walking distance is the oldest house in North Carolina.

Newcomers Earned Independence, Earn Yours

Newcomers to Edenton rose to the challenge and organized a navy, sat on the first US Supreme Court and served as Governors, Senators and Congressmen from this first Capitol of North Carolina. Today, volunteers, mostly retirees, are the life-blood of Edenton. Edenton provides people an opportunity to belong to something bigger. They find solace in its beauty and its natural surroundings.



NORTH CAROLINA



A slice of the good life!

Quality of 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.

Location

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.





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 and leagues, 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!





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.

Beautiful & Affordable

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 to 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.

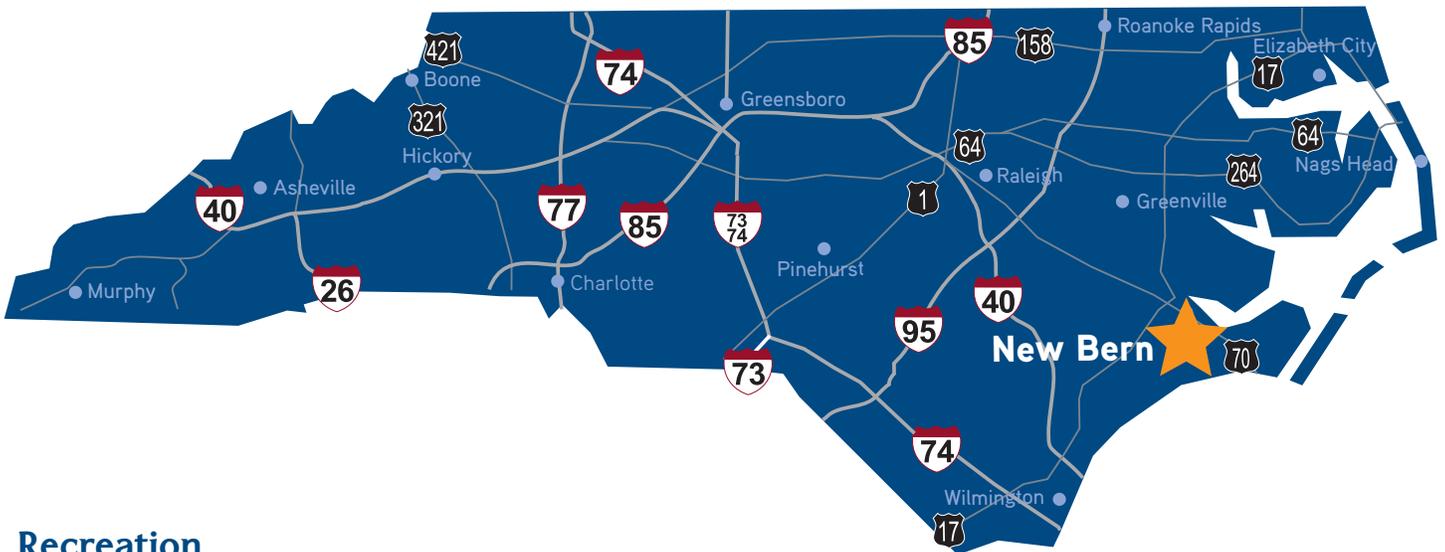
History Personified

New Bern residents express pride in their hometown’s history through preservation, curation, and celebration of the town’s rich 300 year history. The historic district of New Bern, Tryon Palace, the North Carolina History Center, the Firemen’s Museum and the Birthplace of Pepsi are some of the many local treasures that await.

Healthcare

Retirees to New Bern are always pleased to find that New Bern offers excellent quality and a variety of medical facilities and providers. CarolinaEast Health System offers a full array of healthcare, including inpatient and outpatient services, with leading-edge technology. Coastal Carolina Health Care, P.A. (CCHC) is a physician owned and operated multi-specialty group, with a state-of-the-art Imaging Center equipped with advanced diagnostic equipment.





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. Several private fitness facilities participate in the Silver Sneaker Program. There's something for every interest and activity level in New Bern.

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 and monthly ARTWalks and ARTCrawls make checking them out a fun social event. New Bern is also home to two active theatre companies, both of which perform several shows each year. Both companies also offer the ambiance of performing in historic, storied theatres: The Masonic Theatre and The Athens Theatre. Enjoy fine dining by the waterfront, on a rooftop, or in a cozy corner at one of New Bern's many fine restaurants. 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.





Discover why we call our All-American City the crossroads of the best of North Carolina.

Experience the Beauty of Our Natural Resources

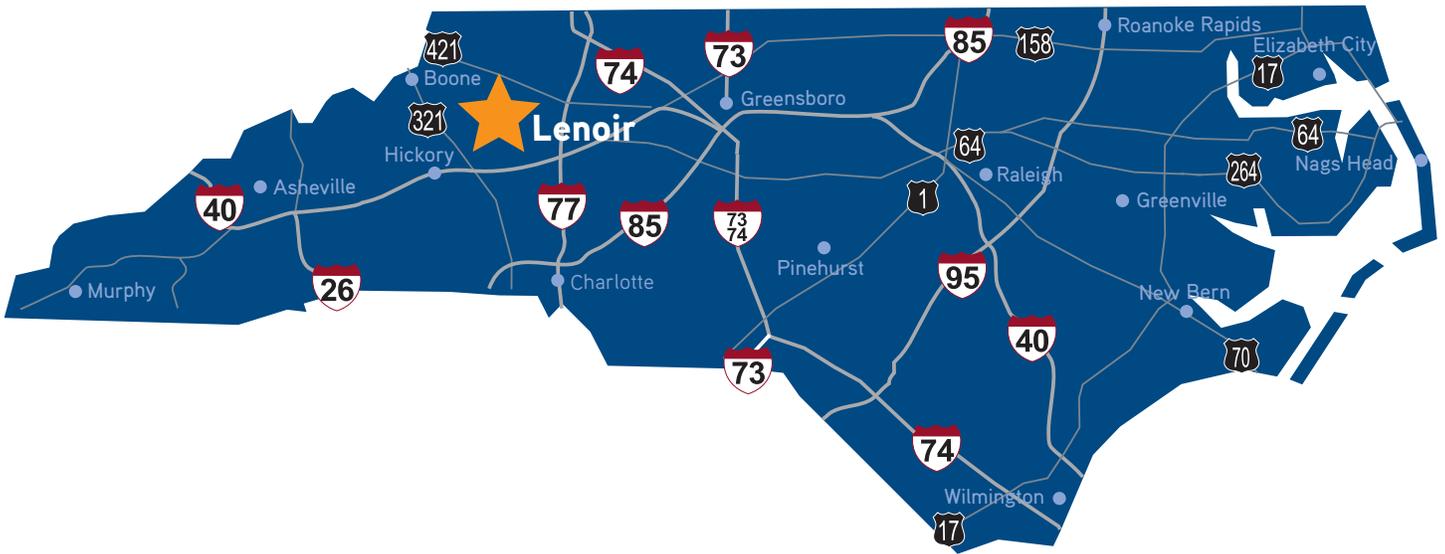
Nature carved the Blue Ridge mountain ranges that surround our community. Walking paths, hiking trails, bike paths, and the Lenoir Greenway offer opportunities for fitness. The Catawba River Valley and Wilson Creek, a National Wild and Scenic River, provide excellent boating, fishing, and kayaking.

Enjoy Our Music and Art

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.





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.

Engage with a Caring and Cared For Community

There's a reason our city was recognized as one of the friendliest in western North Carolina and one of the most progressive in finding new ways to deliver healthcare services.

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 week-end in the mountains.

Find Out More

- <http://www.cityoflenoir.com/retirelenoir>
- <http://explorecaldwell.com>
- <http://www.cityoflenoir.com>





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 including Scots Highlanders, African slaves and their descendents, antebellum farmers, and veterans of the War Between the States.

Together, these cultures in Scotland County provide a rich mixture of heritage, food, traditions, and experiences. The community is 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.





In Scottish Gaelic they say, “Failte” (fall-cha).

It means, “Welcome.” It also stands for why Laurinburg, Scotland County is an ideal place to retire — F.A.I.L.T.E.

F: Fitness, Healthcare, and Well-being. Highlighted by the Scotland Health Care System, an affiliate of Carolinas Health Care System, and our proximity to the Fayetteville VA Medical Center.

A: 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.”

I: 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.

L: Location. Laurinburg is located along Highway 74 – midway between Charlotte and Wilmington – 90 minutes from each. We are also only 90 minutes from Raleigh. Since we are located on the southern border of the state, our residents have easy access to the beaches and low-country of South Carolina. For longer trips, our location provides a quick connection to I-95.

T: Target. Laurinburg/Scotland County is community-based movement to help drive economic development and assure a prosperous tomorrow.

E: Enhancement. From St. Andrews University to Richmond Community College. Laurinburg teams with higher education to provide continuing education and cultural opportunities.

Our message is “Failte” - Come be part of our community. Get out and about. Explore. Meet our people. Visit unique places and sites. And see how life happens in Laurinburg, Scotland County.





“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.

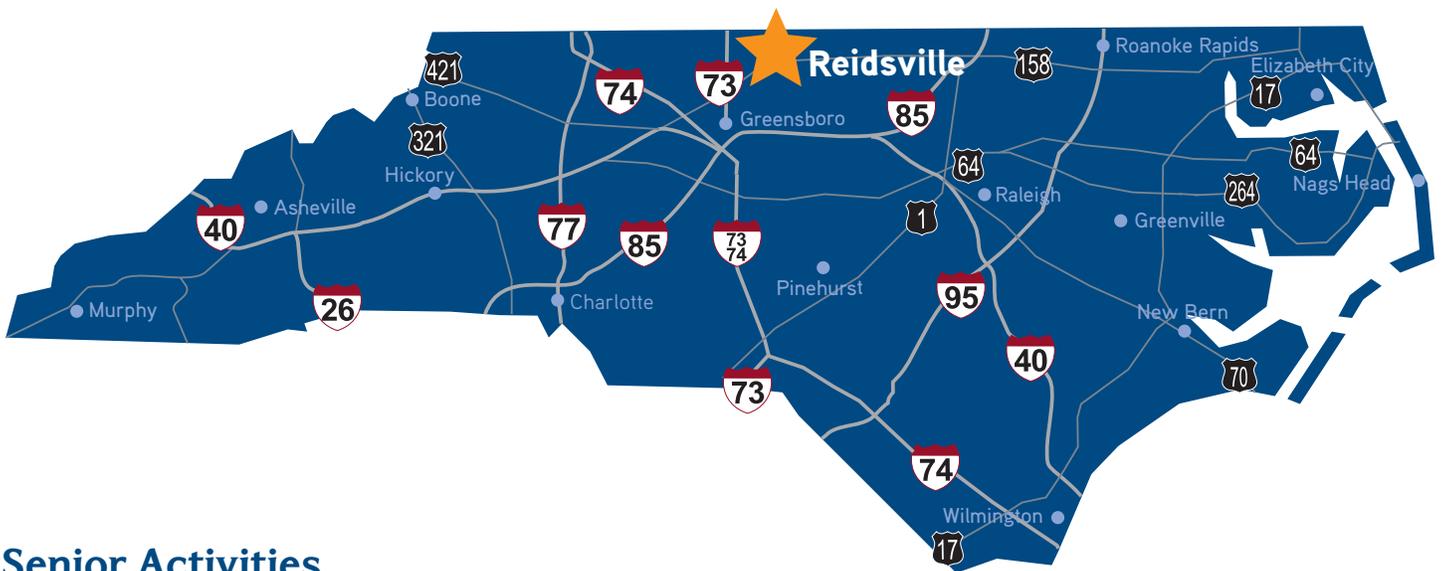
All-American and Affordable City

Designated in 2008 as an All-America City, we are proud of what we offer retirees locating to our city. With our average two-bedroom house selling at \$53,000 and three-bedroom homes averaging \$98,000, you can get a lot more home for your investment. Our property taxes are low compared to other parts of the nation, and our cost of living is well below the national average.

Recreation and Arts

Reidsville prides itself on the recreation and art in our community. Quality of life is important. 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 boasts Market Square. This outdoor amphitheater hosts numerous free activities from May through October. Some of the events include a Pops Cultural Series with performing artists from all over the United States. Large music events with national recording artists are also done once a month. Reidsville offers “Movies on the Square”, along with many other events such as Clam Jam, an outdoor wine and craft beer event that also focuses on our local art community. “Fitness on the Square” happens twice a week offering free exercise classes. We have walking trails located at the lake and throughout Reidsville are several greenways and a walking trail through the downtown historic district. Golfing is also a big sport with 10 courses located in the county. Finding something to do in our great city is easy.





Senior Activities

Reidsville's Senior Center is a Center of Excellence, one of the few in the state with that designation. Construction has just begun on a brand new "state of the art" \$5 million Senior Center. Completion of the center is expected in 2016. The center hosts many activities, including trips, bowling, bocce ball, pickle ball, shuffle board, dancing, card games and so much more.

Healthcare

Reidsville's hospital, Annie Penn, was bought out several years ago by Cone Health System. 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. If needs cannot be met locally, then renowned health institutes such as Duke, Baptist and Chapel Hill are just a couple hours away.

Downtown Area

In the past several years Reidsville's downtown has grown greatly. There are specialty restaurants and shopping, two event centers, Market Square, antique shops and a quaint historic area. Reidsville also hosts a local farmer's market every Tuesday, Thursday and Saturday, May through October.

Local farmers, bakers, artisans and more setup and sell fresh produce, fruits, baked goods, eggs, cheese, jams, jellies, flowers and so much more. Our downtown also has many beautiful historic homes and one listed on the National Register of Historic Homes, The Penn House. This home is owned and operated by the City of Reidsville and is used as a venue for weddings, special events, business meetings and more. It is just one of the many attributes in Reidsville that brings people to the area.





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.

Central Location: Travel with Ease

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.

Mild Climate: Enjoy the Seasons

Local residents enjoy a temperate climate with mild winters. The natural beauty of four distinct seasons offers an average high temperature of 78.7 degrees and an average low of 41.9 degrees.

Low Cost of Living: Get More for Your Money

The area's cost of living index is 92.2, which is 6.1 percent lower than the N.C. average and 9.8 percent lower than the U.S. average. The county's tax rate is \$0.76 cents per \$100, and the median price for a single family home is \$130,250.

Comprehensive Medical Services: Assure Quality Care

The community is home to two of the state's top healthcare providers: High Point Regional UNC Health Care and Cornerstone Health Care. High Point Regional Hospital's primary service areas have individual centers for cardiac care, cancer treatment, neuroscience, women's health, emergency medicine and joint replacement. Four other regional hospital systems are within driving distance.





Recreation: Delight in the Great Outdoors

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 bank fishing.

A Thriving Arts Community: Take in a Performance

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.

For Senior Residents: Stay Active and Involved

Volunteer opportunities are available through dozens of community organizations, and a number of major customer service operations can also provide for part-time employment. Several senior-oriented organizations, including the Roy B. Culler Senior Center, certified by the State of North Carolina as a “Center of Excellence.” offer activities that include exercise classes, movies, guest speakers and holiday parties, as well as theatre outings and sight-seeing trips.

Higher Education: Continue to Learn

Guilford Technical Community College’s personal enrichment classes include computer training, arts and crafts, fitness, foreign language, home and garden, music and photography. High Point University, ranked #1 Best Regional College in the South by U.S. News & World Report, offers cultural, educational and sporting events that are open to the public.

Annual Events: Join in the Fun

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.

Our Claim to Fame: Get to Know Us

Known as the “Home Furnishings Capital of the World™,” the area’s history with the furniture industry dates back to 1889. More than 50 furniture stores and outlets, and various interior design services, make it easy to furnish a new residence.





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.

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.

Washington and Beaufort County’s communities boast local, independently owned shops and businesses, as well as close proximity to the amenities of Greenville, home to ECU, East Carolina University.

Location: Eastern North Carolina’s Inner Banks

Washington, the county seat of Beaufort County, is located in North Carolina’s Inner Banks. The Highway 17 corridor connects Washington and Beaufort County to points north and south, while Highway 264 connects the area to the Triangle and the Outer 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.





Healthcare

Vidant Health provides world-class health services throughout the region, including the communities of Beaufort County.

Vidant Beaufort Hospital is a full-service hospital located in Washington. With 142 beds and hundreds of dedicated health care professionals representing more than 20 specialties, this progressive facility offers a wide range of inpatient and outpatient services. Vidant Beaufort also provides the highest quality care available for patients with cancer or blood disorders at The Marion L. Shepard Cancer Center.

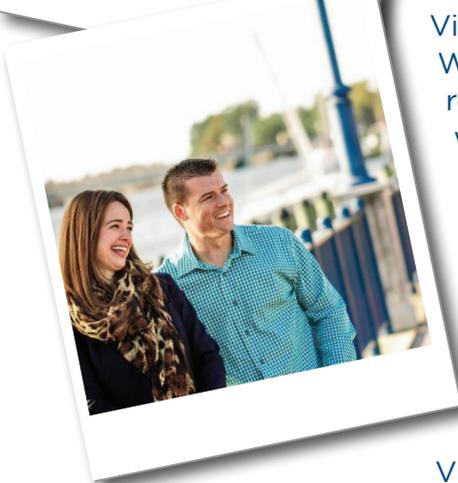
The new Vidant Multispecialty Clinic - Belhaven combines local doctors, nurses, nurse practitioners and physician assistants who have years of experience caring for the community, with a brand new state-of-the-art medical facility offering integrated, convenient and patient-centered care.

Vidant Medical Center, located in nearby Greenville, is the heart of the Vidant Health system. It is the third largest Level I Trauma Center in the nation and serves as the flagship teaching hospital for the Brody School of Medicine at East Carolina University.

Quality of Life

The quality of life found in Washington and Beaufort County is what has attracted families for many years. The slower pace of life, with cultural and volunteer opportunities affords residents and opportunity to stay active and involved without the demands of the rat race.

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!



NORTH CAROLINA



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).

“Rushing river water can take the edges off rocks and people!”

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 that true and that you will enjoy with the quality of life in the area.

The natural landscape of county 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 to enjoy in and around Roanoke Rapids.

Attractions abound in Halifax County. Historic Halifax explores revolutionary history and is the birthplace of our nation's independence.

Sylvan Heights Bird Park takes you to continents far away to explore their birds and offers a unique experience in North America. There is something for everyone to enjoy in Halifax County.





Healthcare

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. When specialized treatment is necessary, Halifax Regional has affiliations with major medical centers, including: Vidant Medical Center, WakeMed, UNC Hospitals and Duke Medical Center, all within 90 miles of Roanoke Rapids.



Quality of Life

- Roanoke Rapids and the surrounding area of Lake Gaston offer a small town feel while being less than 90 miles from Raleigh, NC and Richmond, VA.
- 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!

