

# **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

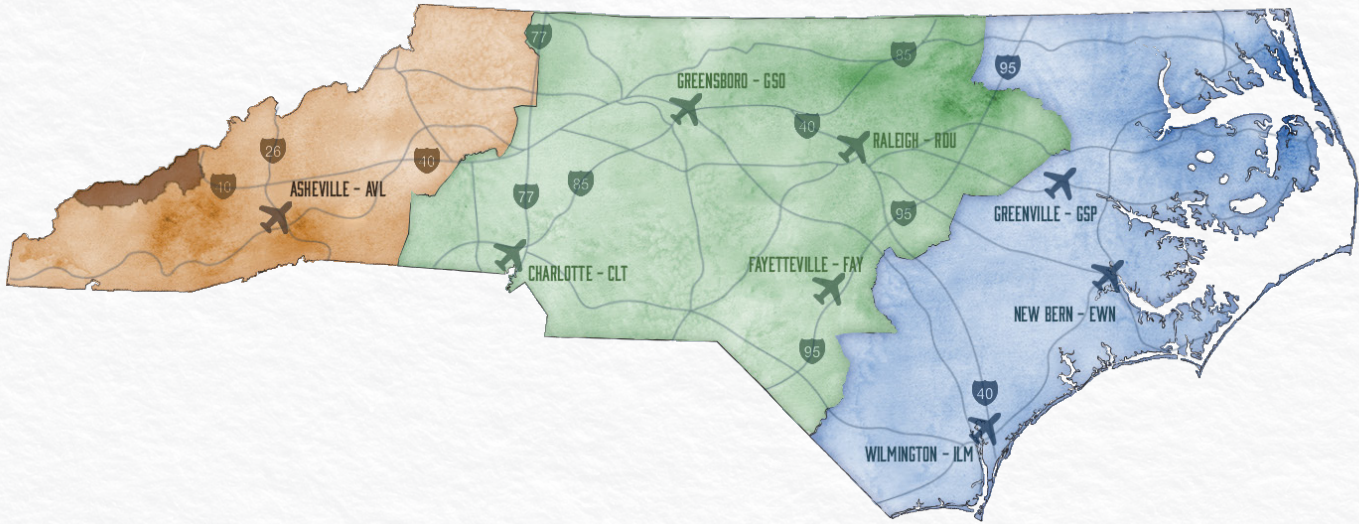
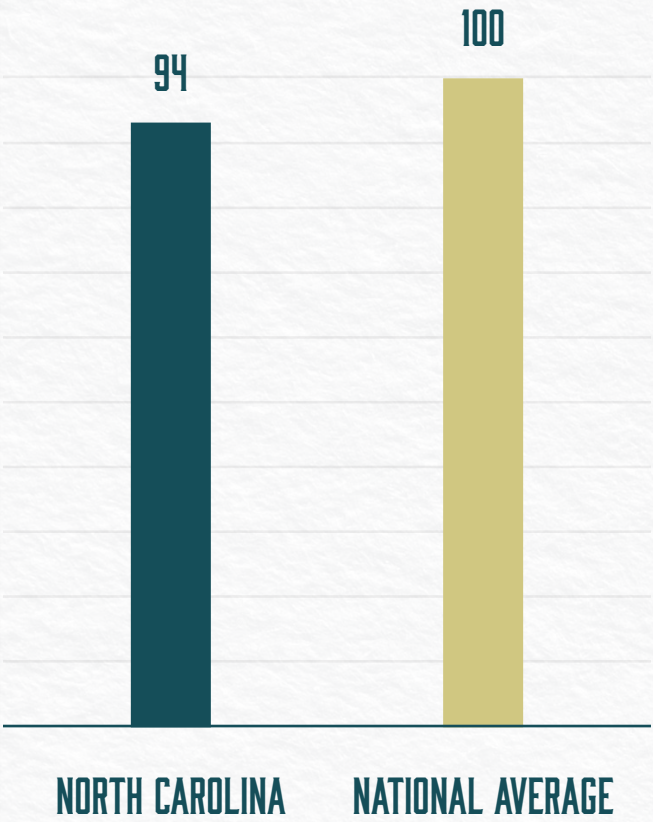
Physicians: 20.9	Dentists: 4.3	Nurses: 93.5
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## CONTACT

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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"



# 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



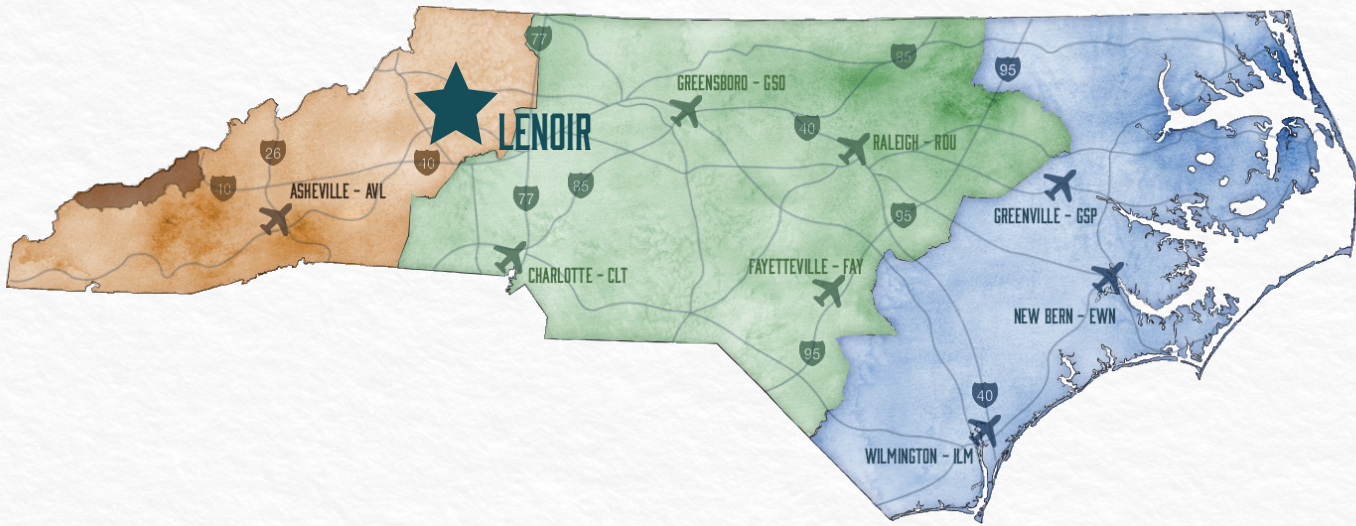
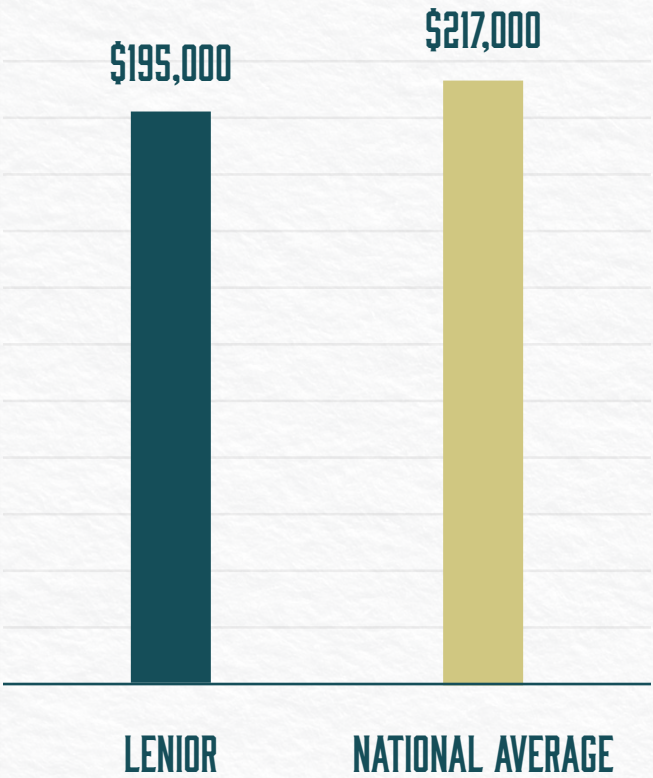
AVG. JAN / JULY TEMPS.

49° F / 88° F



## MEDIAN HOME VALUE

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



## 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.