

Your *Best Chapter* Yet Starts Right Here

A sassy Southern girl's guide to the most fabulous 55+ active adult communities in the Triangle



Friend, This Is Your Moment.

You raised the family. You built the career. You showed up for everyone else for decades. And now? Now it is your turn. The Triangle is one of the most extraordinary places in the entire country to start this next beautiful chapter — world-class doctors down the road, the beach just a few hours east, the mountains a few hours west, a food scene that'll make you swoon, and communities full of people who are just as fabulous and ready to LIVE as you are. Darling, your golden years are about to be absolutely golden. Let me show you where to bloom. 🌸

— Whitney, House in Bloom Realty · Your People-First Realtor

Why the Triangle Is Simply *the Best Place to Retire*



World-Class Healthcare

UNC Health, Duke Health, WakeMed & Rex — 46 hospitals within 30 miles. Peace of mind, delivered.



Mountains & Beach

2-3 hours to the Outer Banks. 3-4 hours to Asheville. Best of both worlds, always within reach.



RDU Airport

Ranked top 5 nationally by JD Power. Easy flights to visit the grandkids — or escape somewhere fabulous.



Four Glorious Seasons

Mild winters, gorgeous springs, golden falls — the weather here is just right, not too hot, not too cold.



Culture & Arts

DPAC, NC Museum of Art, live music, farmers markets, festivals — there is always something wonderful happening.



Lifelong Learning

Duke & UNC's Osher Lifelong Learning Institute (OLLI) — keep your mind sharp and your social calendar full.

Cary

★ WHITNEY RECOMMENDS

CARY · DEL WEBB



Carolina Preserve

The Crown Jewel of Triangle 55+ Living

- Amberly master-planned community, western Cary, NC
- 34,000 sq ft Bradford Hall** clubhouse — indoor & outdoor pools, spa, ballroom, pottery studio, dance studio, billiards, library, demo kitchen
- Clay tennis courts, pickleball, bocce ball, 15-acre lake, putting green & miles of scenic walking trails connecting to the American Tobacco Trail
- Over 120 clubs & interest groups — something for every personality, passion & hobby
- 1,360 ranch-style homes · 2-4 bed · ~1,200-3,500 sq ft

~\$500k-\$900k · HOA ~\$200/mo

120+ Clubs!

American Tobacco Trail

Indoor + Outdoor Pools

Arts & Dance Studios

10 Min to RDU

Lifestyle Director

Whitney's Note: Those rolling hills, the gorgeous clubhouse, neighbors who feel like lifelong friends by Thursday — Carolina Preserve consistently earns its reputation as the Triangle's top 55+ community. The 120+ clubs mean you will never be bored, and you will never have to sit alone. This is the one. 🏆

CARY · EPCON




The Courtyards at West Cary

Your Own Private Garden Oasis

 9708 Morrisville Parkway, Cary, NC

 Epcon's signature **private garden-style courtyard** — a personal outdoor sanctuary wrapped right into your home design

 Clubhouse, pool, pickleball courts & beautifully landscaped common areas throughout

 Single-level ranch homes designed for accessibility & graceful aging in place

 From the \$500s



Private Courtyard Design

Single-Story Living

Pool & Pickleball

Low Maintenance

Intimate Community


 *Whitney's Note: Those private courtyards are an absolute dream — morning coffee, evening wine, all in your own little garden sanctuary. Epcon just gets it.* 


CARY




Heritage Pines

Established, Elegant & Perfectly Cary

 Cary, NC — established 55+ neighborhood

 Nearly 300 homes — a mix of villas & single-family, 2-3 bedrooms, 1,400-2,400 sq ft

 Clubhouse, fitness center, walking trails & a wonderful established community feel — neighbors who know your name



 ~\$500k-\$800k

Villas + Single Family

Walking Trails

Fitness Center

Established Community

 *Whitney's Note: Heritage Pines has that wonderful "we've been friends for years" energy from the moment you walk in. Mature landscaping, lovely neighbors, prime Cary location. Yes ma'am!* 

WALKABLE, CHARMING & FULL OF LIFE

Wake Forest

★ WHITNEY RECOMMENDS

WAKE FOREST · DEL WEBB



Del Webb at Traditions

The Resort Life — Right in Downtown Wake Forest

- Traditions master-planned community, Wake Forest, NC 27587
- Indoor pool, arts & crafts studio, card room, aerobics & dance studio, billiards, fitness center, restaurant on-site
- Tennis, pickleball, bocce ball, walking trails, parks & community garden — all maintained for you
- Walkable to downtown Wake Forest shops, restaurants & White Street Brewing — plus Flaherty Park right next door with pickleball & dog park
- Singles & townhomes built 2017-2022 · 2-4 bed · Lawn care included!

~\$560k-\$800k · HOA incl. lawn care

Walkable to Downtown!

Indoor Pool

Restaurant On-Site

Arts & Dance Studio

Lawn Care Included




Dog Park Next Door

Whitney's Note: You can walk to White Street Brewing, downtown Wake Forest boutiques, and Flaherty Park from this community. WALK. To everything. In a gorgeous, amenity-rich Del Webb resort. That combination of lifestyle and convenience is genuinely hard to beat. 😊🌸



The Courtyards at Heritage Grove

Cozy, Intimate & Beautifully Designed

-  Heritage Grove area, Wake Forest, NC
-  Epcon's beloved courtyard-style ranch homes — private outdoor spaces, single-level living & thoughtful accessibility throughout
-  Clubhouse, pool & low-maintenance lifestyle with exterior care included — more time for the things you love



 ~\$500k-\$600k avg

Private Courtyard Homes

Single-Level Living

Pool & Clubhouse

Low Maintenance

 *Whitney's Note: A smaller, sweeter community that feels like a neighborhood should — everyone knows everyone, and the courtyard design is just so clever and charming.* 

Raleigh

★ WHITNEY RECOMMENDS

RALEIGH · TOLL BROTHERS



Regency at Olde Towne

Luxury 55+ Living — Minutes from Downtown Raleigh

- Olde Towne master-planned community, Raleigh, NC
- Toll Brothers luxury finishes — 13 sophisticated home designs, personalize at the Toll Brothers Design Studio
- Private clubhouse, resort-style pool, pickleball courts & a full-time Lifestyle Director with year-round event calendar
- Minutes to top dining, arts, culture & downtown Raleigh — the city is right there when you want it
- New construction · 2+ bed · Single-level primary suite designs · Lawn care included

Toll Brothers Luxury Pricing — contact for current pricing

Toll Brothers Luxury

Lifestyle Director

Design Studio Custom Homes

Downtown Raleigh Access

Resort Pool




Pickleball Courts

Whitney's Note: If you want luxury, a city buzz right outside your door, AND all the amenities of a resort — Regency at Olde Towne is absolutely stunning. Toll Brothers does not miss. Period.



Overture Centennial

Apartment-Style 55+ Living — No Maintenance, All Freedom

-  Near Rocky Branch Trail & Dorothea Dix Park, Raleigh, NC
-  55+ luxury apartment community — resort-inspired amenities, maintenance-free living, right next to Dix Park
-  Built around the "Live Here | Live Well" philosophy — financial independence, wellness, social connection & joy every single day


Luxury Apartments

Zero Maintenance

Dorothea Dix Park Adjacent

Social Programming

Golf Course Nearby

 *Whitney's Note: Not everyone wants to own — and for the freedom-lovers, Overture is a gorgeous option. Lock the door and go! Dix Park right outside is pure perfection. 🌳*

LUXURY MEETS LEISURE

Holly Springs

★ WHITNEY RECOMMENDS

HOLLY SPRINGS · TOLL BROTHERS



Regency at Holly Springs

The Pinnacle of Luxury 55+ Living in the Triangle

- Holly Springs, NC — near Jordan Lake & 12 Oaks Country Club
- Optional social membership to **12 Oaks Country Club** — Jack Nicklaus-designed golf course, restaurant, trails & gardens
- Grand private clubhouse, resort-style aquatic center, gourmet kitchens & expansive primary suites — refined elegance throughout
- New construction · 1,600–2,400+ sq ft · First-floor primary suites · Personalize at Toll Brothers Design Studio

Toll Brothers Luxury — contact for current pricing

Jack Nicklaus Golf Option!

Resort Aquatic Center

Gourmet Kitchens

Lawn Care Included

12 Oaks Club Access

Toll Brothers Luxury

Whitney's Note: If you've always dreamed of the country club lifestyle without the traditional membership fees — this is your dream come true. The Jack Nicklaus golf is unreal. Holly Springs is a gem of a town and this community is its crown jewel.

Garner

GARNER · FLEMING HOMES



The Tapestry

Low-Maintenance & Wonderful — Walking Distance to Lake Benson

- Garner, NC — walkable to Lake Benson Park
- 99 attached single-story homes — 2-3 bedrooms with two-car garages & open-concept layouts designed for real life
- Large clubhouse with full kitchen, fitness center, outdoor grilling areas & social gathering spaces
- Walking distance to beautiful Lake Benson Park — trails, water views, seasonal events & all that fresh air

From mid-\$400s · HOA ~\$145/mo

Lake Benson Walkable!

Single-Story Attached

Full Kitchen Clubhouse

Fitness Center

Most Affordable Option!

Whitney's Note: The Tapestry is a hidden little gem — great value, walkable to that gorgeous lake, and a real tight-knit community feel. If Garner's on your radar, this is THE one to look at.

GARNER



Auburn Village

Garner's Premier Active Adult Community

- Garner, NC — convenient I-40 access, near downtown Raleigh
- Lifestyle and connection built right into the community — a vibrant social culture where neighbors become family
- Low-maintenance homes, clubhouse amenities & easy access to all of Raleigh's cultural and medical resources

Premier Garner Community

Low Maintenance

Strong Social Scene

I-40 Access

Whitney's Note: Garner is so underrated as a retirement location — quick to downtown Raleigh, near Lake Benson, and Auburn Village is full of lovely people.

Apex & Durham


APEX · TOLL BROTHERS




Regency at White Oak Creek

Luxury Ranch Homes in Peak Town, NC

 8113 Green Level Church Rd., Apex, NC

 Spacious 2-bedroom+ ranch homes — hundreds of personalization options, first-floor living designed for comfort

 Pool, recreation center, walking trails & Toll Brothers quality throughout — all in charming Apex




 From the \$400s

Toll Brothers Quality

Ranch Homes

Pool + Trails

Charming Apex Downtown

 *Whitney's Note: Apex has the most adorable historic downtown and this Toll Brothers community puts you right in the heart of it all. The Depot Farmers Market on Saturdays is a must!*  



Carolina Arbors

Del Webb's Showstopper — 10 Minutes from RDU

- 3055 Del Webb Arbors Dr., Durham, NC (Brier Creek area)
- 37,000 sq ft Piedmont Hall** clubhouse — indoor pool, ballroom, premier fitness center, 100+ clubs & a full-time Lifestyle Director
- Tennis, dog parks, extensive nature trails, community garden & outdoor pools — resort living, every single day
- 10 minutes from RDU Airport · Near Brier Creek Shopping · Quick to Duke Regional Hospital & Duke University
- Singles & townhomes · 1-4 bed · HOA ~\$174/mo

~\$450k-\$800k · HOA ~\$174/mo

37,000 SF Clubhouse!

100+ Clubs

10 Min to RDU

Indoor Pool + Ballroom

Dog Park

Duke Health Nearby

Whitney's Note: Carolina Arbors is Del Webb doing what Del Webb does best — at an absolutely spectacular scale. That Piedmont Hall ballroom means you'll have somewhere to get dressed up for every single week. So close to Duke, RDU, and everything Brier Creek has to offer. This one is the real deal. 🐾

THE EMERGING GEM OF EAST WAKE

Wendell Falls

WENDELL · DAVID WEEKLEY



Encore at Wendell Falls

Resort-Style 55+ Living Inside a Thriving Master Community

- Wendell Falls master-planned community, Wendell, NC
- 3,500 sq ft private clubhouse** exclusively for 55+ residents — resort-style pool, tennis & pickleball, fire pits & fitness center
- Set within the larger Wendell Falls community — walkable to shops, dining, community events & greenway trails
- All landscape maintenance included — spend your time enjoying life, not the lawn! 🎉

Contact builder for current pricing

Private 55+ Clubhouse

Resort Pool

Tennis + Pickleball

Fire Pits

Lawn Care Included

Walkable Community

Whitney's Note: Wendell Falls is one of the most thoughtfully designed master communities in all of Wake County — and having your own private 55+ enclave within it is just the best of both worlds. Young energy around you, peace and resort amenities at home. Love it! 🌊



World-Class Healthcare Is *Right Here*

UNC Health

UNC Health is consistently ranked among the nation's best hospital systems — world-class specialists right in your backyard in Chapel Hill & Raleigh.

Duke Health System

Duke University Health System — 6 hospitals, globally ranked for cancer, heart, neurology & more. Duke Regional Hospital is minutes from communities throughout the Triangle.

WakeMed Health

WakeMed's flagship campus in Raleigh offers exceptional emergency, surgical & cardiac care — with convenient locations across Wake County.

Rex Healthcare

Rex (part of UNC Health) is a beloved Raleigh institution offering outstanding cancer care, orthopedics & women's health services close to home.



Ready to Find *Your Perfect Community?*

Every one of these communities has something a little different to offer, and finding the right fit is a personal journey. That's exactly what I'm here for. Let's sit down together, talk about your dream lifestyle, and find the community where you'll bloom the brightest. You've earned every single petal of this beautiful next chapter. 🌸

🌸 House in Bloom Realty 🌸

Home prices, HOA fees, and availability change frequently — always verify current details directly with builders and community representatives. This guide is lovingly curated to help you explore your options, not replace professional real estate guidance.

Whitney is here to help! 🌸

Affiliated with LPT Realty · Serving Wake County & surrounding areas · Helping families bloom where they're planted 🌿

