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Rank	Market	Retirement area score	Total population (2009)	Senior (65+) population (2009)	Seniors as share of total population	Median age	% of seniors born out of state	% of seniors who moved in from another county in past year
1	Bradenton-Sarasota, Fla.	19.119	688,126	184,455	26.81%	48.1	95.07%	4.13%
2	Prescott, Ariz.	16.488	215,686	50,899	23.60%	48.9	93.15%	3.72%
3	Lake Havasu City, Ariz.	16.458	194,825	43,633	22.40%	45.9	96.17%	4.64%
4	Cape Coral-Fort Myers, Fla.	15.906	586,908	133,367	22.72%	44.6	96.22%	3.64%
5	Naples, Fla.	15.820	318,537	85,608	26.88%	46.3	98.78%	2.98%
6	Palm Bay-Melbourne, Fla.	14.976	536,357	111,653	20.82%	44.8	95.73%	3.09%
7	Homosassa Springs, Fla.	14.735	140,357	42,966	30.61%	52.9	93.01%	2.17%
8	Ocala, Fla.	13.360	328,547	80,964	24.64%	46.3	91.57%	2.36%
9	Punta Gorda, Fla.	12.394	156,952	54,299	34.60%	55.5	98.20%	2.41%
10	Port St. Lucie, Fla.	12.386	406,296	91,683	22.57%	44.6	95.15%	2.68%
11	Tampa-St. Petersburg	11.609	2,747,272	474,473	17.27%	40.6	90.69%	3.88%
12	Daytona Beach, Fla.	10.521	495,890	104,067	20.99%	44.1	91.91%	2.39%
13	Seaford, Del.	9.978	192,747	41,059	21.30%	44.9	73.25%	2.87%
14	Barnstable, Mass.	8.023	221,151	54,388	24.59%	49.4	42.33%	1.81%
15	Santa Rosa, Calif.	7.905	472,102	64,284	13.62%	39.4	60.44%	3.86%
16	Reno, Nev.	7.872	418,551	50,940	12.17%	36.4	93.60%	3.80%
17	Miami-Fort Lauderdale	7.871	5,547,051	883,120	15.92%	39.2	96.12%	2.35%
18	Lakeland, Fla.	7.811	583,403	102,962	17.65%	38.9	85.46%	3.06%
19	Phoenix	6.453	4,364,094	495,710	11.36%	33.7	92.56%	3.96%
20	Riverside-San Bernardino, Calif.	6.306	4,143,113	417,818	10.08%	32.1	78.20%	4.76%
21	Tucson	6.088	1,020,200	154,207	15.12%	37.2	89.17%	2.48%
22	Stockton, Calif.	5.810	674,860	68,189	10.10%	32.2	66.83%	6.35%
23	Vallejo, Calif.	5.347	407,234	46,530	11.43%	36.7	82.20%	3.32%
24	Jacksonville	5.282	1,327,812	157,353	11.85%	36.7	76.83%	3.79%
25	Myrtle Beach, S.C.	5.153	263,868	46,847	17.75%	41.7	72.92%	2.01%
26	Oxnard-Thousand Oaks, Calif.	4.891	802,983	94,719	11.80%	36.6	76.41%	3.04%
27	Sacramento	4.536	2,127,355	253,839	11.93%	35.9	67.56%	3.88%
28	Chattanooga, Tenn.	4.121	524,221	76,543	14.60%	38.9	53.07%	3.44%
29	Eugene, Ore.	4.030	351,109	50,410	14.36%	38.5	78.22%	2.67%
30	Modesto, Calif.	3.786	510,385	53,431	10.47%	32.6	68.73%	3.75%
31	Salem, Ore.	3.648	396,103	53,302	13.46%	35.4	71.40%	3.20%
32	Orlando	3.488	2,082,421	277,638	13.33%	36.1	90.47%	2.71%
33	Denver	3.088	2,554,474	257,249	10.07%	35.4	75.13%	4.52%
34	San Francisco-Oakland	2.620	4,317,853	537,480	12.45%	38.2	74.73%	2.38%
35	Las Vegas	2.386	1,902,834	203,542	10.70%	34.5	98.24%	2.37%
36	Rockford, Ill.	2.378	353,722	46,054	13.02%	38.0	53.90%	2.54%
37	Wilmington, N.C.	2.377	354,525	56,086	15.82%	40.0	57.69%	3.07%
38	San Jose	2.122	1,839,883	199,624	10.85%	35.7	77.85%	2.50%

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39	Roanoke, Va.	2.076	299,521	49,586	16.56%	40.8	30.93%	3.91%
40	Portland, Maine	2.042	516,826	75,023	14.52%	41.2	47.94%	2.77%
41	Portland, Ore.	1.868	2,241,913	242,895	10.83%	36.4	73.26%	3.30%
42	Albuquerque	1.842	856,216	104,334	12.19%	35.4	68.20%	3.02%
43	San Diego	1.386	3,053,793	347,654	11.38%	34.7	82.72%	2.06%
44	Springfield, Mo.	1.369	431,768	59,185	13.71%	35.4	44.48%	4.28%
45	Akron, Ohio	1.269	699,935	97,561	13.94%	39.3	39.13%	2.55%
46	Los Angeles	1.212	12,874,797	1,389,276	10.79%	34.6	80.94%	1.67%
47	Youngstown, Ohio	1.041	562,963	98,141	17.43%	42.2	32.94%	1.52%
48	Detroit	1.039	4,403,437	563,377	12.79%	38.7	44.30%	2.35%
49	Cleveland	0.978	2,091,286	311,323	14.89%	40.2	45.49%	1.44%
50	Seattle	0.893	3,407,848	359,758	10.56%	36.5	69.89%	2.82%
51	Spokane, Wash.	0.823	468,684	60,674	12.95%	36.7	65.51%	2.37%
52	Kingsport-Bristol, Tenn.	0.806	302,887	54,506	18.00%	42.9	42.30%	1.61%
53	Asheville, N.C.	0.727	412,671	74,834	18.13%	42.3	48.62%	1.60%
54	Washington	0.664	5,476,241	547,494	10.00%	36.1	82.92%	3.08%
55	New Haven, Conn.	0.659	848,006	118,211	13.94%	38.5	42.59%	2.50%
56	Santa Barbara, Calif.	0.506	407,057	53,061	13.04%	33.2	74.37%	2.50%
57	Hartford	0.417	1,195,998	168,255	14.07%	39.6	54.70%	1.93%
58	Manchester, N.H.	0.387	405,906	47,913	11.80%	38.4	62.23%	2.79%
59	Bridgeport-Stamford, Conn.	0.352	901,208	119,198	13.23%	39.3	67.42%	1.17%
60	Canton, Ohio	0.149	407,897	64,888	15.91%	40.8	27.34%	2.04%
61	Brownsville, Texas	-0.142	396,371	43,782	11.05%	29.2	61.94%	2.78%
62	Davenport, Iowa	-0.173	380,588	55,719	14.64%	38.4	42.29%	2.41%
63	New York City	-0.327	19,069,796	2,484,677	13.03%	37.8	56.57%	1.74%
64	Corpus Christi, Texas	-0.459	416,095	52,405	12.59%	35.2	34.42%	3.88%
65	Flint, Mich.	-0.531	424,043	56,854	13.41%	38.1	37.14%	1.57%
66	Huntsville, Ala.	-0.563	406,316	50,802	12.50%	37.0	49.26%	2.90%
67	Wichita, Kans.	-0.713	613,568	73,202	11.93%	34.9	48.68%	2.72%
68	Buffalo	-0.867	1,123,804	177,424	15.79%	40.5	27.54%	1.46%
69	Austin	-0.870	1,705,075	134,124	7.87%	32.5	51.59%	5.66%
70	Augusta, Ga.	-1.175	539,652	68,230	12.64%	36.1	49.53%	3.23%
71	Philadelphia	-1.223	5,968,252	790,810	13.25%	38.0	44.21%	2.02%
72	Pensacola, Fla.	-1.399	455,102	63,379	13.93%	37.1	76.03%	1.76%
73	Atlanta	-1.465	5,476,664	467,632	8.54%	34.4	55.01%	4.18%
74	Beaumont, Texas	-1.673	378,477	49,246	13.01%	36.4	43.26%	2.47%
75	Allentown-Bethlehem, Pa.	-1.725	816,012	123,398	15.12%	40.2	29.85%	2.29%
76	Dayton	-1.749	835,063	122,737	14.70%	38.6	46.90%	1.44%

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77	Tulsa	-1.785	930,246	117,222	12.60%	36.0	45.36%	2.98%
78	Charleston, W.Va.	-1.915	304,298	48,255	15.86%	41.6	14.32%	2.08%
79	Baltimore	-1.923	2,690,886	335,265	12.46%	37.8	49.57%	2.17%
80	Durham, N.C.	-2.029	501,228	53,406	10.66%	34.2	44.56%	4.50%
81	Hickory, N.C.	-2.036	365,364	53,779	14.72%	39.8	23.39%	2.31%
82	Cincinnati	-2.042	2,170,828	264,882	12.20%	36.9	42.82%	2.35%
83	New Orleans	-2.052	1,189,981	145,256	12.21%	37.5	31.67%	3.12%
84	Raleigh	-2.160	1,125,827	96,597	8.58%	34.5	49.87%	3.91%
85	Fayetteville, Ark.	-2.344	460,769	51,259	11.12%	33.4	63.02%	3.36%
86	Peoria, Ill.	-2.369	375,779	54,932	14.62%	38.1	25.08%	2.16%
87	Boise, Idaho	-2.430	600,973	62,397	10.38%	33.6	69.95%	2.32%
88	Providence	-2.538	1,600,642	227,792	14.23%	39.6	38.17%	1.55%
89	Pittsburgh	-2.542	2,354,957	407,008	17.28%	42.3	15.12%	1.22%
90	Kansas City	-2.563	2,066,732	241,109	11.67%	36.2	52.55%	2.63%
91	Charleston, S.C.	-2.680	659,191	75,453	11.45%	35.0	51.21%	3.56%
92	Colorado Springs	-2.771	627,491	61,780	9.85%	35.2	83.53%	2.11%
93	Knoxville, Tenn.	-2.781	699,247	100,822	14.42%	38.8	40.30%	1.54%
94	Little Rock, Ark.	-2.841	686,212	82,517	12.03%	35.5	38.80%	3.01%
95	Huntington, W.Va.	-2.846	285,624	45,649	15.98%	39.6	27.44%	1.96%
96	Oklahoma City	-2.873	1,227,278	146,995	11.98%	34.2	41.78%	3.45%
97	Evansville, Ind.	-2.896	351,589	49,858	14.18%	39.2	33.00%	1.66%
98	Albany	-2.917	857,592	120,112	14.01%	39.5	25.12%	2.19%
99	El Paso, Texas	-2.932	751,296	79,128	10.53%	30.6	69.32%	1.93%
100	Virginia Beach-Norfolk	-2.997	1,675,792	193,836	11.57%	34.7	62.72%	2.96%
101	South Bend, Ind.	-3.000	317,538	42,140	13.27%	36.6	43.85%	2.05%
102	McAllen-Edinburg, Texas	-3.020	741,152	71,460	9.64%	27.6	65.91%	2.24%
103	Utica, N.Y.	-3.106	293,280	47,584	16.22%	41.1	17.38%	1.62%
104	Nashville	-3.161	1,581,908	165,867	10.49%	35.5	41.14%	3.26%
105	Houston	-3.168	5,865,086	495,767	8.45%	32.9	55.08%	2.89%
106	Louisville	-3.250	1,259,031	160,218	12.73%	37.8	33.26%	2.17%
107	Rochester, N.Y.	-3.304	1,035,566	144,169	13.92%	39.6	31.70%	1.31%
108	Duluth, Minn.	-3.350	277,637	43,745	15.76%	41.2	26.40%	1.42%
109	Dallas-Fort Worth	-3.375	6,447,228	552,845	8.57%	33.0	51.89%	3.27%
110	Richmond	-3.462	1,235,458	146,734	11.88%	37.3	39.26%	2.68%
111	Chicago	-3.469	9,580,609	1,075,063	11.22%	35.4	50.49%	1.48%
112	Scranton-Wilkes-Barre, Pa.	-3.494	550,274	98,155	17.84%	42.0	14.18%	1.16%
113	Greenville, S.C.	-3.521	639,617	80,943	12.65%	37.5	44.21%	2.50%
114	St. Louis	-3.619	2,825,769	373,265	13.21%	37.9	36.81%	1.81%

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115	Charlotte	-3.648	1,745,524	173,806	9.96%	35.1	50.51%	2.68%
116	Lancaster, Pa.	-3.725	507,766	74,996	14.77%	37.8	22.66%	1.76%
117	Indianapolis	-3.725	1,744,680	189,176	10.84%	35.4	43.55%	2.38%
118	San Antonio	-3.869	2,073,092	231,154	11.15%	33.7	41.90%	2.63%
119	Bakersfield, Calif.	-3.898	807,407	72,476	8.98%	30.3	70.76%	1.81%
120	Fresno, Calif.	-3.916	915,267	89,477	9.78%	30.5	62.31%	1.41%
121	Toledo, Ohio	-3.930	672,220	89,437	13.30%	37.4	33.42%	1.51%
122	York, Pa.	-4.062	428,937	59,996	13.99%	39.8	28.63%	1.43%
123	Visalia, Calif.	-4.086	429,668	40,710	9.47%	29.4	67.47%	1.15%
124	Springfield, Mass.	-4.108	698,903	96,369	13.79%	39.0	36.72%	1.32%
125	Minneapolis-St. Paul	-4.209	3,269,814	341,796	10.45%	36.0	37.87%	2.63%
126	Boston	-4.280	4,588,680	590,468	12.87%	38.4	40.67%	1.77%
127	Worcester, Mass.	-4.332	803,701	100,820	12.54%	39.2	30.26%	1.55%
128	Poughkeepsie, N.Y.	-4.452	677,094	77,607	11.46%	38.1	35.89%	1.56%
129	Memphis	-4.510	1,304,905	137,212	10.52%	34.8	51.67%	1.63%
130	Milwaukee	-4.541	1,559,667	194,502	12.47%	37.0	33.79%	1.54%
131	Trenton, N.J.	-4.549	366,222	45,652	12.47%	37.2	55.12%	0.98%
132	Mobile, Ala.	-4.751	411,721	51,565	12.52%	35.4	34.53%	1.33%
133	Erie, Pa.	-4.834	280,291	41,033	14.64%	38.5	23.02%	1.17%
134	Syracuse, N.Y.	-4.944	646,084	88,633	13.72%	38.9	27.66%	1.20%
135	Des Moines, Iowa	-4.995	562,993	63,662	11.31%	35.0	29.87%	2.64%
136	Winston-Salem, N.C.	-5.298	484,921	66,111	13.63%	38.7	33.35%	1.20%
137	Kalamazoo, Mich.	-5.356	326,634	40,982	12.55%	35.2	39.99%	1.78%
138	Fort Wayne, Ind.	-5.402	415,969	50,509	12.14%	35.9	42.05%	0.81%
139	Greensboro	-5.462	714,765	94,094	13.16%	37.7	34.51%	1.32%
140	Lexington, Ky.	-5.490	470,849	52,753	11.20%	34.9	30.70%	3.54%
141	Grand Rapids	-5.518	778,009	87,819	11.29%	35.1	24.89%	2.09%
142	Salinas, Calif.	-5.571	410,370	42,443	10.34%	32.4	68.81%	1.21%
143	Salt Lake City	-5.683	1,130,293	97,166	8.60%	30.9	47.47%	2.67%
144	Montgomery, Ala.	-5.791	367,475	43,704	11.89%	35.0	27.58%	2.63%
145	Omaha	-5.809	849,491	94,350	11.11%	34.3	46.43%	1.90%
146	Shreveport, La.	-5.895	391,516	51,928	13.26%	35.6	38.33%	1.23%
147	Reading, Pa.	-6.387	407,125	58,065	14.26%	39.1	16.77%	1.27%
148	Columbus	-6.489	1,801,848	189,845	10.54%	34.7	39.00%	1.61%
149	Birmingham	-6.641	1,131,070	147,120	13.01%	37.3	22.02%	1.46%
150	Madison, Wis.	-6.742	570,025	59,679	10.47%	34.9	29.71%	2.18%
151	Honolulu	-6.772	907,574	135,537	14.93%	37.3	41.74%	1.01%
152	Lansing, Mich.	-7.003	453,603	52,727	11.62%	34.2	32.79%	2.39%

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153	Harrisburg, Pa.	-7.530	536,919	77,925	14.51%	39.5	23.89%	0.74%
154	Jackson, Miss.	-7.652	540,866	59,994	11.09%	34.3	23.09%	2.36%
155	Columbia, S.C.	-8.141	745,381	84,511	11.34%	35.2	43.01%	1.48%
156	Baton Rouge, La.	-8.170	786,947	83,760	10.64%	33.4	30.50%	1.46%
157	Ogden, Utah	-8.660	542,642	48,798	8.99%	30.0	45.02%	1.97%