An Insider's Guide to



Fort Worth, Texas, is consistently ranked among the best places to live in the United States. In 2018, <u>it was 18th on U.S. News and World</u> <u>Report's Best Places to Live in the USA</u>.





Seniors value Fort Worth's diverse cultural scene, warm weather, and ready access to a wide variety of events and attractions.



Life is great for seniors in the Dallas-Fort Worth Area.



ENDLESS ATTRACTIONS

Whether you're planning a retirement focused on your own enjoyment or hope to lure friends and family to your new home, Fort Worth offers virtually limitless attractions for people of all ages and all interests. Some of the best include:



Texas Motor Speedway

The home of NASCAR and Indy Racing is a great place to get a low-risk adrenaline rush, whether you're 5 or 85.

Fort Worth Zoo

A recent \$100 million capital investment has made the Fort Worth Zoo one of the best in the nation. Check out giraffes and hippos in the new African Savannah.





Fort Worth Stockyards

Take in a little of Texas's Old West history at the Stockyards. Featuring concerts, daily cattle herding, and rodeos, it's a great place for kids to learn about real-life cowboys and cowgirls.

Museums

Fort Worth is home to some of the country's best museums, including the <u>Fort Worth</u> <u>Museum of Science and History</u>, the <u>Vintage</u> <u>Flying Museum</u>, the <u>National Cowgirl</u> <u>Museum and Hall of Fame</u>, the <u>Kimbell Art</u> <u>Museum</u>, the <u>National Cowboy and Western</u> <u>Heritage Museum</u>, and the <u>Amon Carter</u> <u>Museum of American Art</u>.





Fort Worth Botanic Garden

Featuring tours, exhibits, classes, and a wide range of plants in every season, the Fort Worth Botanic Garden is the perfect stop for nature lovers.

WEATHER

If you love warm weather, Fort Worth is the place for you.



Even during the coldest month of the year, the average low is only 54 degrees.



Cold weather can be rough on aging joints, making warmer climates a great choice for seniors.



Year-round warmth is also a great way to attract grandkids and children for a visit.

cutting-edge patient care.

HEALTHCARE OPTIONS

For seniors seeking quality, cutting-edge healthcare, there's no better place to be than Fort Worth. <u>Four of the nation's largest hospitals</u> are headquartered in Northern Texas. Some top medical centers include:



SHOPPING AND DINING

You could spend every day shopping and eating in Fort Worth, and still never exhaust the myriad of enticing options this city offers. The annual Fort Worth Food and Wine Festival is a great way to sample meals of every variety. Spend the day shopping at <u>Montgomery Street Antique Mall</u>, <u>The Last Word Bookstore</u>, <u>The</u> <u>Spice and Tea Exchange</u>, or the <u>Shops at Clearfork</u>. Then enjoy a meal at one of the <u>41 restaurants in the Cultural District</u>.

Some of the best include:



Jazz Cafe

Pappadeaux Seafood Kitchen



Pappasito's Cantina



Secret Garden Tea Room

RESOURCES FOR SENIORS

Seniors who don't want to drive anymore can choose an eco-friendly transportation option through Fort Worth's Bike Share program. With more than 40 bike pick-up locations connected to leading attractions, the program ensures you'll never again have to find a ride.

Fort Worth is also home to <u>dozens of senior activity centers</u> featuring activities such as yoga, dance classes, and support group meetings. Some other resources to explore include:



<u>Sixty & Better</u>, which specializes in supporting active living well into retirement.



<u>The Area Agency on Aging of Tarrant</u> <u>County</u>, which offers referrals to a wide range of resources.



<u>A wide range of senior</u> <u>living options</u>



<u>The Aging Disability Resource Center of</u> <u>Tarrant County</u>, which offers support to seniors, caregivers, and everyone invested in fostering active and fulfilling retirements for seniors of all ability levels.



The Vantage at Cityview offers a fresh approach to senior living with personalized care. We provide a prime location in the residential area of the Cityview neighborhood in Fort Worth, Texas, allowing residents to quickly feel comfortable and at home relaxing in our tranquil environment, while also offering convenient access to all the luxuries of a larger metropolitan area.