



Where your new beginning awaits...

Your guide to active retirement in Harlingen, Texas.

If you are looking forward to an active and independent retirement, explore Harlingen first! Here, you can experience a wide range of activities focusing on education, leisure, and entertainment in semi-tropical comfort.

Enjoy year round access to the white sands of South Padre Island or visit Mexico for dining and shopping. Both locations are just 40 minutes away. A vibrant and healthy lifestyle awaits you in Harlingen.

Get the Lifestyle you have earned: What is most important for your retirement years?

- Low Cost of Living
- Warm Climate
- Affordable Housing Options
- Recreation and Entertainment
- Continuing Education
- Excellent Medical Facilities
- Friendly Community
- International Airport
- Quality of Life

These are but a few of the reasons many have chosen to call Harlingen home. It is a bicultural community offering small town charm with many big city amenities.

You'll enjoy the casual lifestyle and the ease of getting around our city. Harlingen has an outstanding public library and abundant volunteer opportunities. Our neighborhoods are safe and friendly communities landscaped with bougainvillea, lantana and palm trees, offering a perfect habitat for tropical birds.

Live Where you Play: Recreation and Entertainment

There are a lot of things to see and do in and around Harlingen. Get a good calendar to keep track of it all!

Experience it!

- Market Days-Seek treasures in our downtown district, shopping street vendors and shops
- Jalapeño 100 Bike Ride & Run- Ride, run or host a rest stop-providing refreshments and cheering on bike riders
- Rio Grande Valley Birding Festival-Where birders come to view our birding population through field trips, workshops, lectures, and a trade show
- Harlingen Performing Arts Theatre and Municipal Auditorium-Hosts concerts, Broadway musicals, and plays
- McKelvey Park-Hosts free outdoor concerts

Be Active!

- Golf
- Swim
- Walking/Jogging Trails
- Gardening
- Woodcarving
- Quilting
- Art
- Birding
- Dolphin watching
- Shelling/ Fishing
- Shopping
- Dining

Learn More!

- Iwo Jima Memorial & Museum
- The Arts & Heritage Museum
- Harlingen Art Forum Gallery

Affordable Living in Harlingen

Home Address to Impress: Housing

Harlingen has a full range of homes to suit your retirement lifestyle. Explore Harlingen’s housing options:

- Gated Retirement Communities with Age Covenants
- Houses and Apartments in Continuing Care Retirement Facilities
- Assisted Living Facilities
- Recreational Vehicle and Mobile Home Parks

Many Recreational Vehicle parks are gated and have age restrictions. Popular for seasonal and year-round living, some parks offer organized events and recreational facilities.

Harlingen offers new and established neighborhoods with homes in a range of sizes and prices. Real estate agencies maintain listings of houses, townhomes, and condos available in the city. Contact us to be directed to a realtor to find your future home site for your new beginning.

Lifestyle at the Right Price: Cost of Living

Harlingen is a destination of choice for cost-conscious retirees. The Harlingen Chamber conducts the ACCRA Cost of Living Survey four times a year for our community. The ACCRA Cost of Living Index provides a useful and reasonably accurate measure of living cost differences among urban areas. It measures relative price levels for consumer goods and services. The average for all participating cities equals 100. Each participant’s index is read as a percentage of the average.

City/State	Composite Index	Grocery Items	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Harlingen, Texas	83.5%	78.9%	69.7%	100.1%	92.6%	96.3%	87.3%
Dallas, Texas	91.2%	99%	71.5%	98.6%	103.4%	101.6%	97.4%
Phoenix, Arizona	100.6%	100.5%	100.9%	93.6%	100.7%	101%	102.4%
Orlando, Florida	103.4%	98.2%	99.2%	109.6%	100.7%	101%	102.4%
St. Louis, Missouri	91.5%	106.1%	77.9%	90.9%	96%	97.2%	95%
Grand Rapids, Michigan	102.5%	105.5%	100.4%	120.9%	99.1%	90.9%	100%

On the go: Transportation

Harlingen is about four hours south of San Antonio, at the intersection of US Highways 77 & 83. It's easy for friends and family to visit, and they will! Start each day with fresh picked citrus, a round of golf, then, relax with friends and margaritas across the border in Mexico.

Harlingen's public transportation, Rio Metro can take you where you need to go. However, if you are traveling via airplane, the Valley International Airport in Harlingen offers dozens of flights daily on major airlines:

- Continental Express-Catch a flight from anywhere in the United States
- Southwest Airlines-flying out of Harlingen since 1976.
- Sun Country Airlines-Flight service has been extended to October, direct from Minneapolis.

Live Where You Play...

Live the Experience without wondering, "How far is Health Care?"

Harlingen is the center of a growing medical complex. You may choose from an extensive array of excellent healthcare providers and facilities.

- Valley Baptist Health System, with over 500 beds, plus a rooftop heliport, the hospital anchors the city's medical community. The 5-star ranking from *HealthGrades* proves the Stroke Unit's remarkable patient care and recovery.
- Harlingen Medical Center, which opened in 2002, is a general care hospital focusing on cardiovascular care, orthopedics, neurology and gynecology.
- The VA Clinic provides medical care for veterans. It provides a pharmacy, therapy team and doctoral care for Veterans in the Rio Grande Valley.
- The Regional Academic Health Center-UT Health Science System-built in 2002, hosts upper-level medical students. Ninety percent of the students remain in the Rio Grande Valley to begin practicing medicine. The Regional Academic Health center provides a wonderful medical library open to the public.

Do what you want to do: Find a Retirement Career as a Volunteer

Opportunities abound for you to be actively involved in the community. Harlingen values its retirees and their contributions. Volunteer programs can be found at the following:

- Library
- Harlingen Museums
- In-school tutoring program
- Hospital
- Charity Thrift Shop
- The Food Bank
- Literacy Center
- SCORE-Service Corps of Retired Executives
- Harlingen Performing Arts Theatre
- Center for Creative Retirement

The Learning Never Stops: Continuing Education

- Texas State Technical College-classes in computer, Spanish, yoga, crafts, cooking, etc.
- The University of Texas-Pan American-Edinburg
- University of Texas-Brownsville
- Harlingen Parks & Recreation Department-take lessons in salsa dancing, guitar, photography and other activities
- Center for Creative Retirement-offers monthly programs by retirees for retirees



Harlingen is approximately 250 miles south of San Antonio; 150 miles south of Corpus Christi; 525 miles from Dallas; and 35 miles west of South Padre Island.

Tropical Pleasures: Seasonal Weather

Harlingen has a semi-tropical climate with August as the warmest month on average. On average, the coolest month is January. September is the average wettest month.

January Temp	48 to 58 F
April Temp	63 to 84 F
July Temp	74 to 94 F
October Temp	64 to 85 F
Annual Precipitation	28.13 inches