

The following is a list of the current METRO AREAS where www.SeniorsResourceGuide.com has a Local Internet Directory.

ALABAMA

AL01 — Birmingham Directory

www.SeniorsResourceGuide.com/Birmingham

Counties: Blount, Jefferson, Shelby, St. Clair, Walker

Large City: Birmingham

Smaller Cities: Adamsville, Bessemer, Centerpoint, Fairfield, Fultondale, Gardendale, Homewood, Hueytown, Irondale, Midfield, Mountain Brook, Pleasant Grove, Tarrant City, Trussville, Vestavia Hills

AL02 — Mobile Directory

www.SeniorsResourceGuide.com/Mobile

County: Baldwin, Escambia, Mobile

Large City: Mobile

Smaller Cities: Chickasaw, Prichard, Saraland, Tillmans Corner

ARIZONA

AZ02 — Phoenix Directory

www.SeniorsResourceGuide.com/Phoenix

County: Maricopa

Large City: Phoenix

Smaller Cities: Chandler, Glendale, Mesa, Scottsdale, Tempe

Regions for Senior Housing: Central Valley, Northeast Valley, Southeast Valley, West Valley

AZ01 — Tucson Directory

www.SeniorsResourceGuide.com/Tucson

County: Pima

Large City: Green Valley, Tucson

Smaller Cities: Catalina, Marana, Oro Valley, Sahuarita

COLORADO

CO05 — Colorado Springs Directory

www.SeniorsResourceGuide.com/ColoradoSprings

Counties: El Paso, Teller

Larger Cities: Colorado Springs, Manitou Springs

Smaller Cities: Cripple Creek, Fountain, Monument, Security, Widefield, Woodland Park

CO04 — Denver Metro Directory

www.SeniorsResourceGuide.com/Denver

Counties: Adams, Arapahoe, Denver, Douglas, Jefferson

Large City: Denver

Smaller Cities: Arvada, Aurora, Brighton, Broomfield, Castle Rock, Denver, Englewood, Evergreen, Golden, Highlands Ranch, Lakewood, Littleton, Parker, Morrison, Northglenn, Thornton, Westminster, Wheat Ridge

CO03 — Grand Junction Directory

www.SeniorsResourceGuide.com/GrandJunction

Counties: Delta, Eagle, Garfield, Mesa, Montrose, Pitkin

Larger Cities: Delta, Glenwood Springs, Grand Junction, Montrose

Smaller Cities: Aspen, Avon, Eagle, Fruita, Gypsum, New Castle, Rifle, Vail

CO03 — Northern Colorado Directory

www.SeniorsResourceGuide.com/NorthernColorado

Counties: Boulder, Larimer, Morgan, Weld

Larger Cities: Boulder, Ft. Collins, Greeley

Smaller Cities: Estes Park, Evans, Lafayette, Longmont, Loveland, Louisville, Windsor, Wellington

COLORADO – Continued

CO06 — Pueblo & Cañon City Directory

www.SeniorsResourceGuide.com/Pueblo

Counties: Crowley, Fremont, Huerfano, Otero, Pueblo

Larger Cities: Cañon City, Pueblo

Smaller Cities: Florence, La Junta, Ordway, Pueblo West, Walsenburg

FLORIDA

FL01 — Broward County & Surrounding Areas Directory

www.SeniorsResourceGuide.com/Broward

Counties: Broward

Larger Cities: Fort Lauderdale, Hollywood

Smaller Cities: Coconut Creek, Cooper City, Coral Springs, Dania Beach, Davie, Deerfield Beach, Hallandale, Hillsboro Beach, Lauderhill, Lauderdale Lakes, Lauderdale-By-The-Sea, Lazy Lake, Lighthouse Point, Margate, Miramar, North Lauderdale, Oakland Park, Parkland, Pembroke Park, Pembroke Pines, Plantation, Pompano Beach, Sea Ranch Lakes, Southwest Ranches, Sunrise, Tamarac, Weston, West Park, and Wilton Manors.

FL09 — Collier-Lee Directory

www.SeniorsResourceGuide.com/Collier-Lee

Counties: Collier, Lee

Larger Cities: Fort Myers, Naples

Smaller Cities: Bonita Springs, Cape Coral, Estero, Lehigh Acres

FL02 — Palm Beach-County & The Treasure Coast Directory

www.SeniorsResourceGuide.com/WestPalmBeach

Counties: Indian River, Martin, Palm Beach, St. Lucie

Larger Cities: Belle Glade, Boca Raton, Boynton Beach, Delray Beach, Lake Worth, Pahokee, Riviera Beach, and West Palm Beach.

Smaller Cities: Briny Breezes, Cloud Lake, Glen Ridge, Golf, Golfview, Greenacres, Gulf Stream, Haverhill, Highland Beach, Hypoluxo, Juno Beach, Jupiter, Jupiter Inlet Colony, Lake Clarke Shores, Lake Park, Lantana, Manalapan, Mangonia Park, North Palm Beach, Ocean Ridge, Palm Beach, South Bay, South Palm Beach, and Tequesta.

GEORGIA

GA01 — Lookout Mountain, GA – see Tennessee

ILLINOIS

IL01 — Chicago & Suburbs

www.SeniorsResourceGuide.com/Chicago

Counties: Cook, DuPage, Kane, Lake, McHenry & Will

Large City: Chicago

CHICAGO – NORTH & NORTHWEST SUBURBS - Algonquin, Bannockburn, Barrington, Buffalo Grove, Carpentersville, Cary, Crystal, Lake, Deerfield, Des Plaines, Evanston, Fox Lake, Glencoe, Glenview, Grays Lake, Gurnee, Highland Park, Inverness, Kildeer, Lake Bluff, Lake Forest, Lake in the Hills, Lake Zurich, Libertyville, Lincolnwood, Long Grove, McHenry, Morton Grove, Mount Prospect, Mundelein, Niles, Northbrook, Palatine, Park Ridge, Prospect Heights, Rolling Meadows, Skokie, Vernon Hills, Waukegan, Wheeling, Wilmette, Winnetka, Arlington Heights

CHICAGO - SOUTH & SOUTHWEST SUBURBS - Alsip, Worth, Bridgeview, Burbank, Calumet City, Chicago Heights, Chicago Ridge, Country Club Hills, Crest Hill, Crestwood, Dolton, Evergreen Park, Frankfort, Harvey, Hazel Crest, Hickory Hills, Hometown, Homewood, Joliet, Justice, Lansing, Lansing, Lemont, Lock Port, Matteson, Midlothian, Mokena, New Lenox, Oak Forest, Oak Lawn, Olympia Fields, Orland Hills, Orland Park, Palos Heights, Palos Hills, Palos Park, Plainfield, Riverdale, Romeoville, Shorewood, South Holland, Summit, Tinley Park, Willow Springs

CHICAGO - WEST & FAR WEST SUBURBS - Addison, North Lake, Aurora, Oak Brook, Bartlett, Oak Brook Terrace, Batavia, Oak Park, Bellwood, River Forest, Bensenville, River Grove, Berkely, Riverside, Berwyn, Roselle, Bloomingdale, Schaumburg, Bolingbrook, Schiller Park, Broadview, St. Charles, Brookfield, Streamwood, Burr Ridge, Villa Park, Carol Stream, Warrenville, Cicero, West Chicago, Clarendon Hills, Western Springs, Countryside, Western Springs, Darien, Westmont, Downers Grove, Wheaton, Elgin, Willowbrook, Elk Grove Village, Wood Dale, Elmhurst, Woodale, Elmwood Park, Woodridge, Forest Park, Franklin Park, Geneva, Glen Ellyn, Glendale Heights, Hanover Park, Harwood Hts, Hillside, Hinsdale, Hodgkins, Hoffman Estates, Itasca, LaGrange, Lisle, Lombard, Lyons, Maywood, Melrose Park, Naperville, Norridge

LOUISIANA

LA01 — New Orleans Directory

www.SeniorsResourceGuide.com/NewOrleans

Counties (Parishes): Orleans, Jefferson, Plaquemines, St. Bernard, St. Charles, St. John, St. Tammany, Tangipahoa

Large City: New Orleans

Medium Cities: Metairie, Kenner, Gretna, Slidell, Mandeville, Covington

Smaller Cities: Harahan, Destrehan, St. Rose, Norco, LaPlace, Chalmette, Arabi, Metairie, Algiers, Terrytown, Harvey, Marrero, Westwego, Bridge City, Hahnville, Luling, Lacombe, Madisonville

LA02 — Baton Rouge Directory

www.SeniorsResourceGuide.com/BatonRouge

Counties (Parishes): Ascension, East Baton Rouge, Livingston, West Baton Rouge

Large City: Baton Rouge

Medium Cities: Baker, Denham Springs, Gonzales, Port Allen, Prairieville, Zachary

MISSISSIPPI

MS03 — Southeast Mississippi Covering the Pine Belt & Gulf Coast

www.SeniorsResourceGuide.com/GulfCoast

Counties: George, Jackson, Hancock, Harrison, Pearl River, Stone

Larger Cities: Biloxi, Gulfport, Hattiesburg and Pascagoula

Smaller Cities: Bay St. Louis, Gautier, Long Beach, Lucedale, Ocean Spring, Pass Christian, Picayune, Poplarville, Waveland, Wiggins

NEW JERSEY – New Jersey has 3 books as of May 09

NJ01 — Morris-Somerset Directory

Book: The Seniors Blue Book of Morris-Somerset

www.SeniorsResourceGuide.com/Morris-Somerset

Counties: Morris, Somerset

Large Cities: Bound Brook, Dover, Morristown, Plainfield, Somerville

Smaller Cities: Bridgewater, Far Hills, Franklin, Green Brook, Ledgewood, Madison, Manville, Parsonage, Randolph, Rockaway, Somerset

NJ02 — Bergen-Passaic Directory

Book: The Seniors Blue Book of Bergen-Passaic

www.SeniorsResourceGuide.com/Bergen-Passaic

Counties: Bergen, Passaic

Large Cities: Englewood, Fort Lee, Hackensack, Patterson, Wayne

Smaller Cities: Bergenfield, Glen Rock, Oakland, Paramus, Ramsey, Westwood, Wyckoff

NJ03 — Essex-Union-Hudson Directory

Book: The Seniors Blue Book of Essex-Hudson-Union

www.SeniorsResourceGuide.com/EssexUnionHudson

Counties: Essex, Union, Hudson

Large Cities: Elizabeth, Newark, Plainfield, Union

Smaller Cities: Clark, Cranford, Irvington, Linden, Roselle, Westfield

OREGON

OR01 — Portland Directory

www.SeniorsResourceGuide.com/Portland

County: Clackamas, Multnomah, Washington **Large City:** Portland

Smaller Cities: Beaverton, Canby, Clackamas, Estacada, Fairview, Forest Grove, Gladstone, Gresham, Happy Valley, Hillsboro, Lake Oswego, Milwaukie, Mollala, Oregon City, Sandy, Sherwood, Tigard, Tualatin, West Linn, Wilsonville

OR02 — Salem Directory

www.SeniorsResourceGuide.com/Salem

County: Marion, Polk, Yamhill **Large City:** Salem

Smaller Cities: Dallas, Keizer, Monmouth, Silverton, Stayton, Woodburn

PENNSYLVANIA

PA01 — Allegheny Directory

www.SeniorsResourceGuide.com/Allegheny

County: Allegheny **Large City:** Pittsburgh

Cities in Northwest Pittsburgh: Bellevue, Ben Avon, Coraopolis, Emsworth, Gibsonia, McCandless, Millvale, Moon, Sewickley, Warrendale, Wexford

Cities in Northeast Pittsburgh: Allison Park, Aspinwall, Cheswick, Dorseyville, Etna, Fox Chapel, Glenshaw, Harmarville, Indianola, Natrona Heights, Oakmont, Plum, Russellton, Springdale, Tarentum, Verona

Cities in Southwest Pittsburgh: Baldwin, Bethel Park, Brentwood, Bridgeville, Carnegie, Castle Shannon, Dormont, Greentree, Kirwan Heights, Library, McKees Rocks, Mt. Lebanon, Mt. Oliver, Oakdale, South Park, Upper St. Clair, Whitehall

Cities in Southeast Pittsburgh: Braddock, Church Hill, Dravosburg, Duquesne, East McKeesport, Edgewood, Forest Hills, Glassport, Homestead, Jefferson Hills, McKeesport, Monroeville, North Versailles, Penn Hills, Pitcairn, Pleasant Hills, Squirrel Hill, Swisshale, Turtle Creek, West Mifflin, White Oak, Wilkinsburg, Wilmerding

PA02 — Philadelphia Directory

www.SeniorsResourceGuide.com/Philadelphia

Counties: Bucks, Chester, Delaware, Montgomery, Philadelphia

Large City: Philadelphia

Towns: Bensalem, Camden, Cheltenham, Drexel Hill, Havertown, Norristown, Pennsauken, Upper Darby, Willingboro

TENNESSEE

TN01 — Nashville Directory

www.SeniorsResourceGuide.com/Nashville

County: Cheatham, Davidson, Dickson, Maury, Robertson, Rutherford, Sumner, Williamson, Wilson

Large City: Nashville **Smaller Cities:** Brentwood, Columbine, Franklin, Gallatin, Hendersonville, Murfreesboro, Springfield

TN02 — Chattanooga Directory

This Local Internet Directory covers Chattanooga, TN and Lookout Mountain in Northern Georgia.

www.SeniorsResourceGuide.com/Chattanooga

Counties in TN: Bradley, Hamilton, Marion

Large Cities: Greater Chattanooga-TN, Lookout Mountain-GA

Smaller Cities in TN: Cleveland, College Dale, East Ridge, Hixson, Jasper, Kimball, Mount Eagle, Red Bank, Signal Mountain, Soddy-Daisy, South Pittsburgh, Whitwell

Counties in GA: Catoosa, Walker, Whitfield

Large Cities: Greater Chattanooga-TN, Lookout Mountain-GA

Smaller Cities in GA: Chickamauga, Dalton, Ft. Oglethorpe, La Fayette, Noble, Ringgold, Rossville

TEXAS

TX01 — San Antonio Directory

www.SeniorsResourceGuide.com/SanAntonio

County: Bexar **Large City:** San Antonio

Medium Cities: Alamo Heights, Converse, Kirby, Leon Valley, Live Oak Windcrest, Schertz, Universal City

UTAH

UT01 — Salt Lake City

www.SeniorsResourceGuide.com/SaltLakeCity

Counties: Salt Lake, Utah, Weber and Davis

Large City: Salt Lake City

Medium Cities: Bountiful, Clearfield, Layton, Ogden, Orem, Provo, Roy

WASHINGTON

OR02 — Vancouver Directory

www.SeniorsResourceGuide.com/Vancouver

County: Clark **Large City:** Vancouver

Smaller Cities: Battleground, Camas, Ridgefield, Washougal, Woodland

NATIONAL

US01 — National Directory

www.SeniorsResourceGuide.com/National