

# *Stay Active, Stay Healthy in*



**FAIRFIELD  
HARBOUR**  
*Life on the Neuse*

Taking part in social activities before and after retirement makes people live longer and appears to be as important to health as exercise, according to research. The study found social connections are essential to everyone – suggesting that future retirees should pay as much attention to keeping active socially as they do to planning their finances and maintaining their physical health. Here is list of the organized groups, social clubs and established activities in Fairfield Harbour:

**Fairfield Harbour Yacht Club**

**Fairfield Harbour Fishing Club**

**Men's Golf Association (MGA)**

**Ladies Golf Association (LGA)**

**Garden Club**

**Line Dancing**

**Fairfield Harbour Chorus**

**CERT (Community Emergency  
Response Team)**

**Harbour Lights Players (Theatre)**

**Stretch and Tone Exercise Group**

**Bible Study**

**Sports Car Club**

**Fairfield Jammers (musicians)**

**Neighborhood Watch**

**Contemporary Needle Arts**

**Swimnastics**

**RV Club**

**Down East Dulcimers**

**Zumba fitness group**

**Fairfield LIVE! (live music events)**

**Gun Club**

**Yakety Yaks (kayakers)**

**Tennis Club**

**Harbour Helpers**

**Hospital Auxiliary**

**Classi Ladies Investment Club**

**Bridge Club**

**Stitch & Chat**

**Eastern Carolina Plastic Modelers**

**Karaoke Club**

**Moving to the Oldies (exercise)**

**Pickleball Club**

**Harbour Quilters Group**

**Soloflytes – for singles**

**New Neighbors**

**FHPOA Events**

**Fairfield Harbour Library**

**Ta'i Chi Ch'uan Group**

**Volunteer Fire Department**

**Kayak Fishing Group**

**Hand & Foot Canasta**

**Sign Language**

**Mah Jongg**