Sherman-Denison — #1 of 10: Median Resident Age

Sherman-Denison has Texas's oldest median age

Based on 2024 U.S. Census data

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THE DATA

39 years

Median Resident Age (2024)

Sherman-Denison leads Texas in median age among metros with 100,000+ residents.

The median age in Sherman-Denison is 39 years, making it the oldest metro in Texas by this measure. This reflects a demographic shift where older adults are increasingly choosing communities with stable, mature populations and established infrastructure. Such areas are well-positioned to meet the growing demand for age-restricted, low-maintenance living.



Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-23-fifty-five-plus-fifty-five-plus-median-age-msa-tx

01

Older metros attract 55+ buyers

The concentration of older residents correlates with higher demand for single-level homes, accessible design, and wellness-focused amenities—features increasingly central to 55+ real estate strategy. This isn’t about age alone; it’s about proven community stability and lifestyle fit.



02

Age structure shapes future demand

This demographic inertia creates a self-reinforcing cycle: mature populations attract developers focused on senior-friendly design, which in turn reinforces the area’s appeal to incoming 55+ buyers. The result is a resilient market that benefits from long-term planning and predictable turnover.

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