Megalopolis is an old region of the country; in two senses. First, it is one of the more established urban regions of the country. Second it has a slightly older age profile than the country as a whole. Apart from Florida, which stands alone with its very large retired population, Megalopolis is one of the greyer parts of the nation.

Within the region a number of 'older' areas are very visible. The coastal counties of Barnstable MA, Ocean NJ, Cape May NJ and Talbot MD are 87.1%, 81.5%, 59.7%, 68.5% above the national mean (NM) respectively. These coastal retirement/vacation areas attract more elderly people who in general are looking to maximize amenities rather than job opportunities. These counties can provide a pleasant and less hurried lifestyle and once retired people begin to congregate more services are available for seniors thus attracting more seniors.

There is seasonality to the location retired people in Megalopolis with significant numbers of 'snowbirds' living in Florida part of the year. Many people in Megalopolis also move full time to places like Florida when they retire. The more dynamic parts of the region, which experience selective immigration, skewed toward younger households, have a lower percentage of retired people. Thus growth counties such as Prince William VA (61.3% below NM) and Charles MD (37.9% below NM) for population aged 65 and over.