

Laura Laughlin

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— *Laura Laughlin*



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Laura Laughlin, 60, was diagnosed with brain cancer 11 years ago. The cancer made her a paraplegic. After treatment she was able to learn to walk again, but the cancer has left her disabled. Laughlin is able to get around using a walker and now participates three days a week in exercise classes at the Santa Clarita Valley Senior Center.

“The Senior Center has changed my life,” she said.

In addition to taking chair exercise and low impact aerobics classes Laughlin volunteers at the Senior Center helping with class sign-in duties.

Now cancer free, Laughlin is a native of Northern California who lived for nearly 20 years in Arizona before moving to Castaic with her family 13 years ago.

After she learned to walk again Laughlin tried to exercise by walking around in circles at the top of her sloping driveway.

“It was very boring,” she said.

A former journalist who worked in Arizona for the Los Angeles Times and Time Magazine, Laughlin is a voracious reader who read about the SCV Senior Center and its many exercise programs in local media.

“I read about this ‘sit down exercise class’ so I called the Center to find out the details,” she said. “I started the class in January six years ago. I fell in love with the class and became so attached to the people in the class.”

Laughlin is passionate about the Senior Center and the exercise programs offered by the Center.

“There is no better place to exercise, they know you, they miss you if you are absent, they are your friends,” she said. “The Senior Center is so full of life. When I attend my exercise classes everybody has a smile on their face, I get hugs, I get kisses, they are just so upbeat.”

Laughlin said the Center offers a class suitable for people of all ages and physical abilities.

“I’ve taken a meditation class, the yoga class, I tell people to come to the Senior Center because they have everything,” she said. “I love the Senior Center. These are not people who are cranky about getting old and sitting in rocking chairs, they are people who have huge smiles on their faces and are happy to be here. You can’t help but be happy being around such positive people.”