

**Business of the Village Board
Village of Saranac Lake**

BILL #: 66-2026

SUBJECT: Cannabis Sales Taxation Grant Program Application

FOR AGENDA: 3/23/2026

DEPT OF ORIGIN: Village Manager

DATE SUBMITTED: 3/16/2026

Resolution authorizing the acceptance of the Cannabis Sales Taxation Funds Grant Application
by Saranac Lake Adult Center

MOVED BY: Ryan SECONDED BY: White

VOTE ON ROLL CALL: to amend

MAYOR WILLIAMS yes

TRUSTEE BRUNETTE yes

TRUSTEE RYAN yes

TRUSTEE SCOLLIN yes

TRUSTEE WHITE yes

**RESOLUTION AUTHORIZING THE ACCEPTANCE OF CANNABIS SALES
TAXATION FUNDS GRANT APPLICATION FOR SARANAC LAKE ADULT
CENTER**

WHEREAS, the Village of Saranac Lake has established a Cannabis Sales Taxation Funds Grant Program to allocate cannabis sales tax revenues toward projects that benefit Village residents and enhance community well-being, and

WHEREAS, the Saranac Lake Adult Center, Inc., a 501(c)(3) nonprofit organization, has submitted an application requesting funding in the amount of \$4,000 for its “Active Engagement for Adults Aged 50+” program, and

WHEREAS, the proposed program provides guided wellness and movement classes designed to improve health, mobility, and social engagement for older adults, particularly those with limited access to such services, and

WHEREAS, the Village Clerk has reviewed the application and determined that it meets program eligibility requirements and aligns with the program’s priority of supporting senior citizens and promoting community wellness and engagement.

NOW, THEREFORE, BE IT RESOLVED, that the Village Board of Trustees hereby approves the award of a Cannabis Sales Taxation Funds Grant to the Saranac Lake Adult Center, Inc. in an amount not to exceed \$4,000.



Village of Saranac Lake

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Cannabis Sales Taxation Funds Grant Program

Village Clerk Application Summary

Applicant: Saranac Lake Adult Center, Inc.
Organization Type: 501(c)(3) Nonprofit
Project Title: Active Engagement for adults aged 50+
Amount Requested: \$5,000
Total Project Cost: \$14,525
Service Area: Village of Saranac Lake Senior Citizens

Project Description

The Saranac Lake Adult Center has applied for funding to support a series of guided wellness and movement classes for adults aged 50 and older. The proposed program includes low-impact activities to help achieve overall healthy lifestyles while connecting socially with the local community. The program also targets those older adults that are low- to moderate-income and may have limited access to fitness programs or facilities.

Alignment With Village Priorities

The application demonstrates alignment with commonly identified Village priorities for cannabis sales tax funding:

1. Support for Senior Citizens funding priority, which prioritizes programs that promote socialization, health, wellness, and independent living for the Village's aging population.
2. Supports recreational opportunity and community engagement by providing structured physical activity and social interaction opportunities for Village residents aged 50+.

Program Outcomes and Experience

Expected outcomes include improved strength, balance, and mobility, as well as reduced social isolation through regular group participation.

Financial Considerations

The total project cost is \$14,525, with the Village grant request covering \$5,000 toward instructor costs, while the Adult Center and other sources will provide additional funding and in-kind support. The applicant indicates that grant funds will be used for programmatic costs (instructors) rather than staff salaries, consistent with program requirements.

Summary

Overall, the proposal appears feasible, supported by additional funding sources and in-kind contributions from the organization. The project would provide direct health and social benefits to senior residents while advancing the Village's priority of supporting programs that improve quality of life for the aging population.

Active Engagement for Adults 50+

If buzz is a good indicator, then we're doing something people want at the Saranac Lake Adult Center. We get regular reports that people have heard about our fitness classes or dances and want to come. Our member newsletter was the only advertising, but we saw many non-member participants in 2025.

We tracked 553 participation hours in three classes alone plus 62 guests at our dances. Many participants made classes part of their routine, with a weekly average of 15 participants. Numerous people who do no other regular exercise tried several classes.

Soma Yoga participant comments suggest that they gained more than just exercise. "Inspirational! Gets me going for the day." "Thank you...improving my life quality." The instructor was so impressed with the participants' progress from doing seated exercises in the early weeks to balancing on one foot the next month, that we extended the class.

Classes were offered by several professionals:

- Dave Macdougall - MA Phy Ed, BS Sport Science, LMT/Somatic Movement Educator, led NCCC's Massage Therapy Department
- Tai Chi with Josy D, Tupper Lake, NY
- SomaBeats, INC -Johnna MacDougall, LMT/BS Phy Ed, NCCC Adjunct Massage Therapy

* Participants were evaluated for range of motion before and after each session. Improvement of joint range of motion was experienced by all.

* All Participants began with the lightest bands to enhance joint range of motion and build more strength. Half of the participants were able to increase to the next level of resistance band.

* All Participants saw greater flexibility and increased muscle strength with better stability and balance over the four weeks.

* Participants received a practice guideline sheet of 15 exercises to improve overall functional training that they could adapt for home practice 3 x a week.

* Participants said that they would continue at-home work outs, but prefer the class for social connection.

We hit our goal of engaging more seniors in functional exercise that will serve them in daily life. All programs were appropriately scaled so attendees experienced success and wanted to continue, as evidenced by repeat participation. Instructors grounded the physical instruction with plenty of education so learners understood how and why the movements work. "I really love this program. It has expanded my knowledge of how to gracefully age and continue to be active."

In addition, the classes provided meaningful social interaction that fostered a sense of belonging. As one person put it, "All the smiles and encouraging words are helpful."

Active Adults 50+ engage in Adult Center programs



Active Engagement for Adults Aged 50+ BUDGET

APPLICANT:		Saranac Lake Adult Center, Inc.		
COSTS		DESCRIPTION	EXPENSE	GRANT REQUEST
Personnel		Staff time (1 FTEs, 40 hours @ \$20/hour)	\$800.00	\$0.00
Project		Curriculum Instructors - 74 sessions @ \$125 each	\$9,250.00	\$5,000.00
		Strength & stretch equipment - resistance bands, dumbbells	\$200.00	\$0.00
		Scholarships	\$200.00	\$0.00
Marketing/ Materials		Office supplies for PR, evaluations, handouts	\$75.00	\$0.00
		Building use expense including electric, heat, insurance, copier, cleaning, maintenance	\$4,000.00	\$0.00
Overhead		TOTAL PROJECT BUDGET	\$14,525.00	
		CANNABIS GRANT REQUEST		\$5,000.00
REVENUE		DESCRIPTION	FUNDING	
Anticipated Revenue		Nominal class fees, most are free.	\$500.00	
		Other Grants	\$3,750.00	
In-Kind		Saranac Lake Adult Center will absorb overhead. -providing the venue, utilities, cleaning, insurance, copier & equipment use -director's salary for administration & reporting -printed materials for marketing, participant feedback & reporting -training gear (bands, balls) -scholarships for members who can't pay	\$5,275.00	
		TOTAL REVENUE	\$9,525.00	