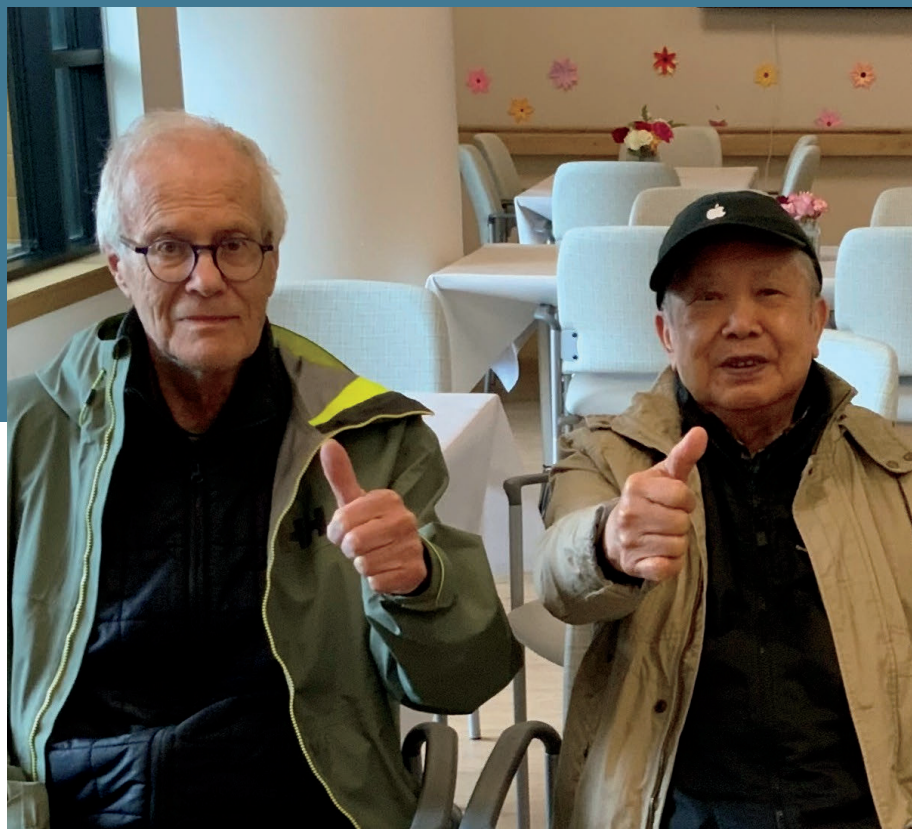


ANNUAL REPORT 2025-2026



ASK Friendship Society respectfully acknowledges that our centre, located at 7405 Paulson Street in Vancouver, is situated on the traditional, ancestral, and unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətaʔ (Tsleil-Waututh) Nations.



We are grateful to live, work, and build community on these lands, and we recognize the ongoing stewardship, knowledge, and resilience of the Indigenous peoples who have cared for this place since time immemorial.

At ASK, we are committed to advancing reconciliation by fostering meaningful relationships, learning from Indigenous knowledge and traditions, and ensuring our programs and services are inclusive and respectful of all communities. We recognize this as an ongoing journey and are dedicated to walking it with humility, openness, and respect.

TABLE OF CONTENTS

3

About Us

4

Message from the
Executive Director

5

Message from the
Chair, Board of
Directors

6

Message from the
Board of Directors,
Treasurer

7

Program Impact

8

Donations at Work

9

Legacy Giving

10

Become a member

11

Contact Information

3 ABOUT US

For nearly 50 years, the ASK Friendship Society has been creating a place where older adults feel connected, valued and supported.

Rooted in community and built on friendship, ASK provides programs and services that promote healthy aging, social connection, independence and well-being. We support older adults—including those living with frailty, dementia and other challenges—as well as the caregivers and families who walk alongside them.

Through our Adult Day Program, community programs, cultural and recreational activities, transportation, caregiver supports, special events and volunteer initiatives, ASK creates opportunities for people to stay active, engaged and connected while continuing to age in their own communities. Our continued partnerships with Vancouver Coastal Health and the United Way as well as other grantees, allows us to look forward to expanding our programs and services for both older adults and caregivers.

Our work is guided by compassion, respect, honesty, integrity and accountability. At the heart of everything we do is a simple belief: everyone deserves to age with dignity, belonging and joy.

As we continue to celebrate 50 years of friendship and service, we are grateful to the clients, families, volunteers, staff, donors, partners and community members who have helped make ASK what it is today—and who continue to shape its future.





Mission

Our mission is to continue enriching the lives of older adults and their caregivers by delivering high-quality community-based programs and services.

Vision

Our long-term vision is to provide community supports to older adults as they age at home.

Looking Ahead: Refreshing Our Strategic Plan

As ASK Friendship Society enters its 50th year, we are taking the opportunity to refresh our strategic plan and look thoughtfully toward the future.

Our community is changing, and so are the needs of the older adults, caregivers and families we serve. This strategic refresh will help us build on our strong foundation while ensuring that ASK continues to evolve, innovate and respond to emerging needs.

Through this process, we are reflecting on what we have accomplished, listening to our community and identifying the priorities that will guide ASK in the years ahead. We are focused on strengthening our programs and services, deepening partnerships, supporting our volunteers and staff, and creating new opportunities for connection, healthy aging and community participation.

Our commitment remains unchanged: to ensure older adults can age with dignity, connection and joy.

Our refreshed strategic plan will provide a clear roadmap for ASK's next chapter—honouring our history while embracing the opportunities ahead.





ASK Friendship Society

50 Years of Friendship, Community, & Connection.

For five decades, ASK Friendship Society has brought people together.

We have shared meals, laughter, stories, celebrations, challenges, friendships, and countless moments of connection.

We have been there for older adults seeking companionship, families looking for support, and community members looking for a place to belong.

As we reflect on the past 50 years, we do so with deep gratitude for every participant, family member, volunteer, staff member, Board member, donor, funder, and community partner who has been part of the ASK story.

But this milestone is not simply an opportunity to look back.

It is the beginning of our celebration—and the beginning of our next chapter.

As we launch ASK's 50th Anniversary celebrations, we honour the history and people who have brought us to this point while looking ahead with optimism and purpose.

The world has changed over the past 50 years, and the needs of older adults continue to evolve. Yet one thing remains constant: the need for friendship, purpose, dignity, and belonging.

ASK's commitment to building connection remains as important today as it was when our journey began.

The past 50 years have given us a strong foundation. Now, we have the opportunity to build on that foundation—celebrating our history while creating an even stronger, more inclusive, and more connected future.

4 MESSAGE FROM THE EXECUTIVE DIRECTOR



As we reflect on the 2025/2026 fiscal year, I am proud of the growth, energy, and sense of community that continue to define ASK.

For nearly 50 years, ASK has been guided by a simple but powerful belief: no one should age in isolation. This year, we continued to create meaningful opportunities for older adults to connect, participate, stay active, and remain engaged in their communities.

For many of the people we serve, ASK is more than a program. It is a place to go, friendships to build, and a community where people are known, welcomed, and missed when they are away. It is a source of routine, support, laughter, and belonging for participants and reassurance for their families.

Expanding Opportunities for Connection

One of the highlights of the year was the continued success of our Saturday programming. Recognizing that social isolation does not follow a Monday-to-Friday schedule, ASK continued to create opportunities for older adults to come together outside of traditional weekday programming. Through shared meals, outings, wellness activities, games, dementia-friendly programming, and social gatherings, participants had additional opportunities to build friendships and enjoy meaningful time together. The success of the Saturday program reinforced the importance of flexible, responsive programming that meets people where they are and provides opportunities for connection when they are needed most.

ASK also increased its presence in the broader community through participation in community outreach events, fairs, festivals, and celebrations. These events allowed us to connect with thousands of community members, raise awareness of the supports available to older adults and caregivers, build relationships, recruit volunteers, implement intergenerational programming and introduce ASK to new individuals and families.

Taking ASK Into the Community

Throughout the year, the team participated in a variety of community events and celebrations, connecting with thousands of community members and increasing awareness of our organization and its work. These events provided opportunities to share information, build relationships, recruit volunteers, engage potential supporters, and raise awareness about the importance of social connection and healthy aging.

Our outreach efforts have also helped strengthen ASK's visibility as we begin our 50th Anniversary celebrations. Community events have given us the opportunity not only to share information about our programs but also to celebrate the role that older adults continue to play in the life of our communities. Perhaps most importantly, our outreach work has reminded us that connection often begins with a simple conversation. A discussion at an information table, an introduction at a community event, or a conversation with a family member can become the first step toward someone finding support, friendship, or a welcoming place to belong.

Executive Director's report cont'd

Supporting Healthy Aging and Independence

Transportation continues to be one of the most important ways ASK helps older adults remain connected.

For many, the ability to participate in community life depends on whether they can physically get there. Mobility challenges, transportation costs, and limited access to accessible options can all contribute to social isolation.

Through our wheelchair-accessible transportation and community transportation supports, ASK continued to help participants attend programs, activities, outings, and community events. Our transportation services do much more than move people from one location to another—they create access to friendship, recreation, nutrition, and community participation.

The continued support for our transportation initiatives has allowed ASK to strengthen its efforts to remove barriers and ensure that older adults are not excluded simply because transportation is unavailable.

The impact of this work is often found in the moments that are difficult to measure: a participant who is able to attend a program because a ride is available, a group of seniors enjoying an outing together, or someone who is able to leave their home and reconnect with their community.

Creating Community Through Shared Experiences

ASK continued to provide a wide range of opportunities for participants to engage in meaningful activities and experiences.

From group exercise and wellness activities to shared meals, games, outings, celebrations, and special events, our programs have continued to demonstrate that healthy aging is about much more than physical health.

Building Partnerships and Looking Forward

This year, ASK continued to strengthen relationships with funders, community organizations, government partners, schools, businesses, and other organizations that share our commitment to healthy aging and social connection.

We also continued to explore new opportunities in areas such as caregiver support, intergenerational connection, dementia-friendly activities, wellness, and inclusive community engagement.

These partnerships and initiatives are essential as the needs of older adults and caregivers continue to evolve. They allow ASK to build on its strengths, expand opportunities for those we serve, and continue responding to emerging needs in our community.

Executive Director's report cont'd

With Gratitude

None of this work would be possible without the people who bring ASK to life every day.

To our staff, thank you for your compassion, creativity, flexibility, and unwavering commitment to the people we serve. Your work goes far beyond delivering programs and services. You build relationships, create welcoming spaces, solve problems, respond to changing needs, celebrate milestones, and ensure that participants feel seen, respected, and valued. The care you bring to your work each day is at the heart of ASK. To our volunteers, thank you for the time, energy, skills, and friendship you so generously share. Whether supporting programs, assisting at events, helping with activities, or simply taking the time to connect with a participant, your contribution makes a meaningful difference. You represent the spirit of community that ASK was founded upon, and we are deeply grateful for the role you play in helping us create a welcoming and connected environment.

To our Board of Directors, thank you for your leadership, guidance, and continued commitment to ASK. Your stewardship helps ensure that we remain focused not only on the needs of today, but also on building a strong and sustainable future. As we enter our 50th year and begin an exciting new chapter, your support, expertise, and belief in ASK are more important than ever.

I would also like to extend my sincere appreciation to our funders, donors, community partners, and supporters. Your investment in ASK is an investment in connection, dignity, independence, and belonging. Through your support, we are able to continue creating opportunities for older adults to participate fully in community life.

Finally, and most importantly, thank you to our participants and their families for placing your trust in ASK and allowing us to be part of your lives. Your stories, friendships, resilience, and contributions are the reason we do this work. As we begin celebrating ASK's 50th Anniversary, we do so with deep gratitude for everyone who has helped shape our past and for those who will help build our future.

**Respectfully Submitted,
Meena Amlani, PhD**

5 MESSAGE FROM THE BOARD OF DIRECTORS, CHAIR

Thank you for joining us at the 2026 Annual General Meeting of the ASK Friendship Society. As we reflect on the 2025/2026 year and begin our 50th anniversary celebrations, I am grateful to everyone who has helped ASK support older adults and their caregivers.

I would also like to acknowledge that ASK's centre is located on the traditional, ancestral and unceded territories of the Musqueam, Squamish and Tsleil-Waututh Nations. We are grateful to serve our community on these lands.

Our mission remains to enrich the lives of older adults and their caregivers through high-quality, community-based programs and services. For the Board, this means keeping the people we serve at the centre of our decisions and supporting their ability to age at home with dignity and connection.

The Dogwood Adult Day Program remains central to that work. In partnership with Vancouver Coastal Health, ASK provides a welcoming environment for older adults, including those living with frailty, dementia and other challenges. Regular activities and time with others help participants remain engaged, while providing support and reassurance to their caregivers and families.

During the year, ASK served 103 individuals across 208 weekday operational days, with another 15 days of additional programming. Our team served 5,616 meals and provided 285 take-home meals. The year also included 398 health and fitness assessments and 23 vaccinations. These services offer dependable support and regular opportunities for people to spend time together.

Saturday programming continued to provide opportunities for connection beyond the weekday schedule. Shared meals, outings and activities gave participants more opportunities to enjoy the company of others. Our accessible transportation services, supported through our partnership with the United Way, helped older adults attend programs and participate in community life. For someone facing mobility or transportation barriers, an available ride can make participation possible.



Chair, Board of Directors report cont'd

ASK hosted a town hall and a Seniors Wellness and Resource Fair. We also held a BC Seniors' Week event with the City of Vancouver and caregiver education on safe medication use. These activities gave participants, caregivers and community members opportunities to learn about available resources and connect with ASK.

Our outreach included Tour de Marpole, seniors and resource fairs at Langara College and Kitsilano Neighbourhood House, and gatherings with the Metro Vancouver Cross Cultural Seniors Network and the United Way. These activities helped us introduce ASK's services, recruit volunteers and build relationships. We should continue to assess how this outreach connects older adults and caregivers with support.

Our volunteers deserve special recognition. This year, 73 volunteers contributed 2,408 hours to ASK. Whether assisting with programs, supporting events or spending time with participants, they brought care and companionship to our community. On behalf of the Board, thank you for sharing your time and skills so generously.

We are also grateful to our donors, who contributed \$60,036.51 during the year. This support helped fund cultural programming and celebrations, Saturday program subsidies, educational events and medical equipment upgrades. Alongside the support of our funders and community partners, these contributions help us respond to the needs of participants and their caregivers.

ASK's work also received recognition through an Outstanding Organization Award at the HealthCare 2.0 Conference. The City of Vancouver issued a proclamation marking ASK's 50th anniversary. We appreciate this recognition of ASK and the people whose contributions have sustained our work. As ASK enters its 50th year, we are refreshing our strategic plan. This gives us an opportunity to reflect on what is working and listen to the people who use and deliver our services. Our planning should build on ASK's experience while responding to the changing needs of older adults and caregivers. Any future expansion should have clear goals and the funding, staffing and operational support needed to sustain it.

Chair, Board of Directors report cont'd

The Board's role is to provide direction and responsible oversight. As Chair, I believe our priorities must include maintaining the quality of our existing services, strengthening financial oversight and ensuring that our policies and organizational systems support our work. Clear responsibilities and meaningful reporting will help us assess progress and make informed decisions about where ASK can have the greatest impact.

I thank my fellow Board members for the time and expertise they contribute to ASK. I also thank our Executive Director, Meena Amlani, and our staff for their work throughout the year. The attention and care you bring to participants each day are deeply appreciated. To Vancouver Coastal Health, the United Way and all our community partners, thank you for your continued support.

Finally, thank you to our participants, caregivers and families for placing your trust in ASK. As we celebrate 50 years of service, we honour everyone who has contributed to this organization. I look forward to working with our Board and staff to ensure that ASK continues to be a place where older adults feel welcome, supported and connected.

Respectfully submitted,
Dimo Panagiotakos
Chair, ASK Friendship Society



6 MESSAGE FROM THE BOARD OF DIRECTORS, TREASURER



ANNUAL BOARD TREASURER'S REPORT

Fiscal Year 2025-26

The Financial Review found in your package was completed by Walsh King LLP, A Chartered Professional Accounting firm in Vancouver. The auditors concluded that based on their review the financial statements present fairly, in all material respects, the ASK financial statements as of March 31st, 2026.

Key figures and insights are outlined below.

Financial Overview:

- Beginning Balances:
 - Cash: \$ 137,960
 - Short-term Investments: \$ 577,489
 - Long-term Investments: \$ 681,195
 - Total Cash & Investments: \$ 1,396,644
- Year-end Balances:
 - Cash: \$ 73,017
 - Short-term Investments: \$ 570,727
 - Long-term Investments: \$ 700,085
 - Total Cash & Investments: \$ 1,343,829

Overall position is a -\$52.8K (-4%) decline from prior year. Cash decreased by \$64.9K; withdrawals from ST investments to fund operations reduced net balance by \$6.7K, and LT investments grew by \$18.9K.

Treasurer Board of Directors report cont'd

Receipts Insights:

ASK's total receipts increased by 2% this year, totaling \$ 985,312. The main source of growth comes from Daily Client Fees and Private client revenue, indicating high demand and use of ASK services.

ASK is grateful for the grant support from United Way to support the Arbutus Bus Program. Furthermore, ASK has received this year a one-time grant from VCH of \$9000 to support promotion of greater equity in wellness. ASK is also grateful for the continued support in donations from members and the community.

It is essential to highlight that the Vancouver Coastal Health Authority (VCH) remains our primary source of funding, contributing 68% of total receipts.

Disbursement Overview:

Total disbursements rose by 4% to \$1,033,887 compared to prior year.

Salaries and wages accounted for the primary driver of increase, rising by 6% or \$42,256 from prior year; factors contributing to this increase include:

- adjusting staff salaries for inflation to be able to retain and attract dedicated staff.
- temporary workers to support more clients and expansion of Saturday program.
- supporting the increase in private clients and transportation.

Expenses incurred on maintenance of ASK's two buses have also increased by 57% or \$10,982 due to aging of these assets. ASK is in the process of accessing options to replace these vehicles.



Treasurer Board of Directors report cont'd

Software Changes:

Q2 this year, ASK successfully transitioned from Sage Desktop to QuickBooks Online (QBO), which has been a pivotal improvement in accounting software. QBO will also enable better integration with other software and services in the future that will enhance accounting and reporting for ASK society.

Year-end Position:

As of March 31, 2026, total assets amounted to \$1,391,233, with liabilities at \$70,438. This is a good financial foundation to support ASK's ongoing operations and future growth aspirations in alignment with its strategy.

Warm regards,
Winsie Tang, CPA, CMA
Board Treasurer



7 A YEAR IN REVIEW



Average Age

70-96
years old



Languages

English	20%
Cantonese	80%
Mandarin	60%
Punjabi	2%



Mobility Aids

Wheelchair	2%
Walker	31%
Cane	15%
Independent	38%
Other (scooter)	1%



Gender

M: **34%**
F: **66%**



Memory Challenges

70%



\$ Donations Received

\$60,036.51



Operational Days
(M-F)

208



Days Additional
Programming
(S/S evenings)

15



Attendance Rate

102%



Unique Individuals

103



Discharge Client

39



Discharge Referral

14



Vaccinations

23



Health Assessments /
Fitness Assessment

398



Meals Served

5,616



Take Home Meals

285



Volunteers

73 volunteers

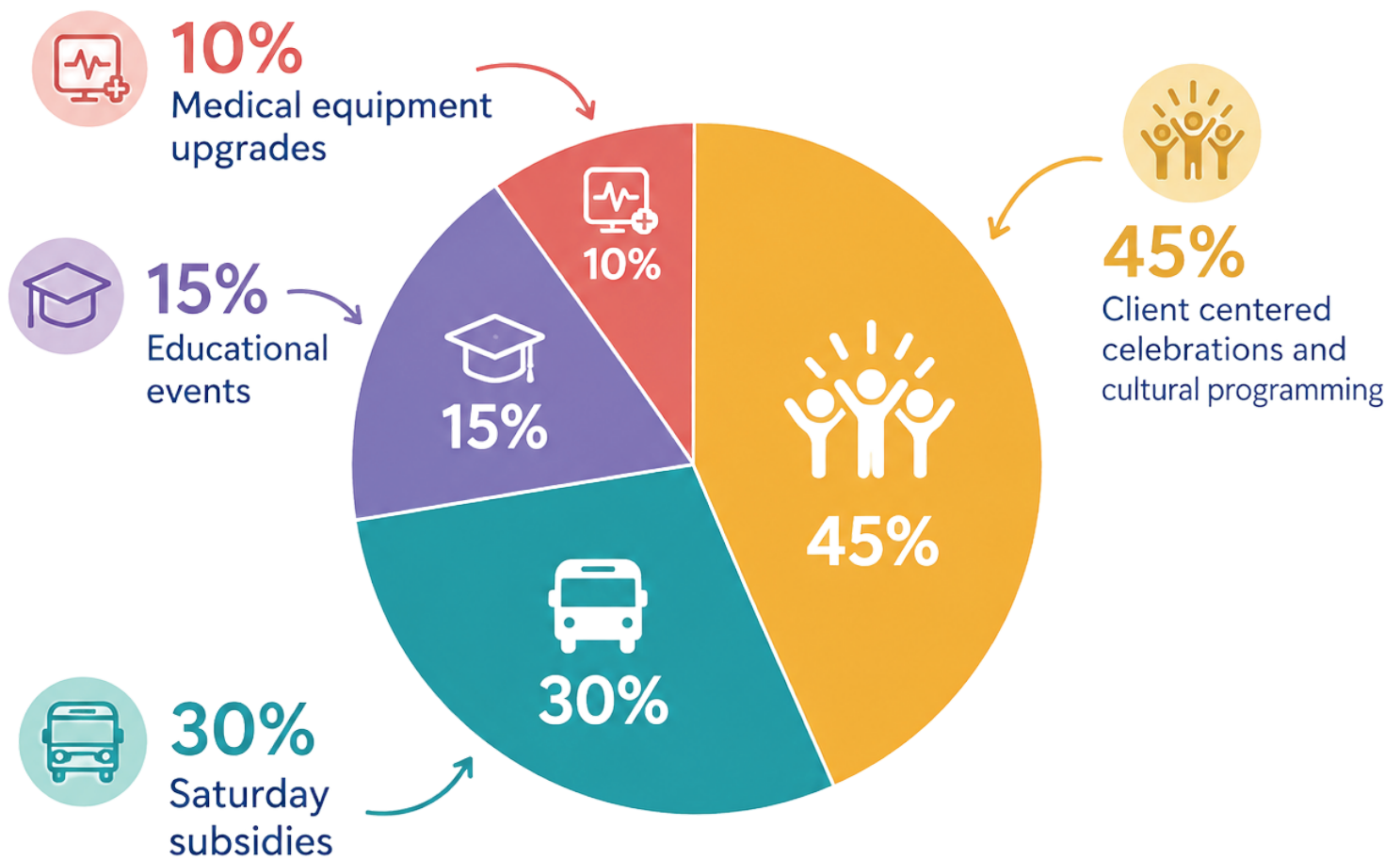


Volunteer Hours

2,408 hours

8 YOUR DONATIONS AT WORK

We are filled with gratitude for every donation we receive. These donations help create more than just additional programs—they create connection, dignity, belonging and moments of joy for older adults and their caregivers.



Consider Legacy Giving

Making a difference in the lives of the next generation of older adults.



Mitigating tax burdens on family members



Making a significant donation without spending current assets



Receiving a charitable tax receipt for your estate

A legacy gift –whether large or small– in your will can be generous, impactful, and simple.

Gifts of life insurance, securities, TFSA, RRSP, RRIF will provide tax savings and with all donations you will receive a tax receipt.



Benefits of Membership

As a member of ASK Friendship Society, you will have the opportunity to:

- Receive advance notice of Society meetings
 - Receive at least fourteen days' notice of annual, general, special, or extraordinary meetings of the Society.
- Exercise voting rights
 - Vote at annual, general, special, or extraordinary meetings when in attendance. Attendance at meetings is not mandatory.
- Stay informed and connected
 - Be included on ASK Friendship Society's mailing list and receive monthly newsletters, updates, and special announcements.
- Seek leadership opportunities
 - Have the opportunity to seek election to the ASK Friendship Society Board of Directors, in accordance with the Society's bylaws.
- Help shape the Society's future
 - Participate in the strategic direction and goals of the Society by electing the Board of Directors at the Annual General Meeting.
- Connect with your community
 - Meet and build relationships with other community members who share a commitment to supporting older adults, caregivers, and a connected community.

For more information, please contact
caring@askcentre.ca or call 604 263 7333

11 Stay in Touch

We'd love to hear from you.

Whether you are looking to connect with our programs, volunteer, become a member, support our work, or learn more about ASK Friendship Society, we invite you to reach out.

Our Office

7405 Paulson Street
Vancouver, BC V6P 0J4

Phone: 604-263-7333
Fax: 604-263-6511

Email: caring@askcentre.ca
Website: www.askcentre.ca

Stay Connected

Follow us on social media for program updates, community news, events, stories, and opportunities to get involved.

Instagram

@askfriendshipsociety

Facebook

ASK Friendship Society

LinkedIn

ASK Friendship Society

