

# GET MOVING

The critical need for  
improving seniors  
transportation  
on the Sunshine Coast

## Pender Harbour Seniors Link Keeps Community Connected

### Get Moving Monthly Feature Pender Harbour Seniors Link

For many years, communities in the Pender Harbour area have had no access to publicly funded transportation, leaving the Pender Harbour Health Centre (PHHC) in a “transportation desert.” Many residents have to rely on friends or family for rides, leading to isolation and limited access to community resources. This directly impacts both physical and mental health.

To help, Pender Harbour Health Clinic (PHHC) has long supported a volunteer driving program, now coordinated by the Better at Home team. When Nick, the Executive Director joined PHHC in January 2024, it was immediately clear that the lack of transportation was a significant barrier. In February, United Way BC announced one-year funding for seniors’ transportation solutions in underserved communities. PHHC applied with support from local partners and received \$50,000 in March. The Pender Harbour Seniors Link launched in December 2024 — an accessible, free, hop on/hop off service between Egmont and Sechelt. Since launching, **423 rides have been provided to 56 seniors.**



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The service reduces isolation, improves access to food and healthcare, and supports community connection. Due to high demand, an application has been made for federal funding to secure a larger bus. This project is a true community collaboration and a vital support for local seniors.

More than just transportation, the shuttle offers flexibility with hop-on, hop-off options and 14 stops along the route. “It’s not just a bus service,” said Elizabeth, a regular passenger. “It changed my life.” The project supports healthy aging and community, while helping seniors access medical appointments, local markets, and wellness activities for a happier, healthier life. Brian, the dedicated Van Driver who started as a volunteer, now a paid employee, brings a strong sense of trust and creates an onboard community.

<b>Hop On/Hop Off Schedule</b> (Tuesday – Thursday only)			
	<b>Bus Stop Location</b>	<b>Egmont to Sechelt</b>	<b>Sechelt to Egmont</b>
1	<b>Bathgate Store (Egmont)</b>	9.00 am	3.30 pm
2	<b>Petro Canada (Maderia Park)</b>	9.30 am	3.00 pm
3	<b>Pender Harbour Community Hall</b>	9.40 am	2.50 pm
4	<b>Lily Lake Housing</b> <i>*No parking on site at Lily Lake</i>	9.50 am	2.40 pm
5	<b>Pender Harbour Health Centre</b>	10.00 am	2.30 pm
6	<b>Halfmoon Bay Bus Stop (Highway 101)</b>	10.15 am	2.15 pm
7	<b>Trail and Cowrie St (Sechelt)</b>	10.30 am	2.00 pm
8	<b>Sechelt Seniors Activity Centre</b>	10.38 am	1.52 pm
9	<b>Sunshine Coast Community Services Food Bank</b> <i>*Foodbank operates on Wednesday only</i>	10.45 am	1.45 pm
10	<b>Sechelt/shishalh Hospital</b>	10.52 am	1.38 pm
11	<b>Your Independent Grocer</b>	11.00 am	1.30 pm
During the 2.5-hour wait in Sechelt the bus will continue to offer pick up and drop off between Sechelt locations between the following times: <ul style="list-style-type: none"><li>• 11am – 12pm</li><li>• 1pm – 1.30pm</li></ul>			
<b>Please note:</b> the PHHC minibus will stop at each stop for 2-3 minutes before heading to the next stop.			

While there is still a lot of regional disparity in transit access throughout the 90 kms of hwy on the Sunshine Coast (the route covered by the Seniors Link is not serviced by any public transit), small projects such as the seniors link make a huge difference. The community built around the bus is important for combating isolation and encouraging connections but the service also demonstrates demand and creates opportunities for more advocacy. With a huge need in the underserved area (an area with 4000+ individuals and the highest percentage of seniors relative to population in any of the rural areas), plans for expansion and hopes for a larger bus, the program is destined to grow. “This is a vessel for better quality of life,” said Nick Gaskin who is the Executive Director of the Pender Harbour Health Centre, and a proud program supporter.

*Pender Harbour Seniors Link Schedule*

*Check [penderharbourhealth.com](http://penderharbourhealth.com) most up to date schedule*

# A free accessible transportation service for Coast Seniors

Nick Gaskin (left) and Brian, PHHC Van Driver (right)



With lift access, a focus on safety, and the ability to adapt routes, the Seniors Link connects individuals to each other and their community — doing its best to make sure no one is left behind. It’s not just a bus, it’s a way to a better quality of life and well-being for seniors. Initiatives such as this fill vital gaps while advocacy continues for fixed link public transit in the coastal communities north of Halfmoon Bay.



*This project is generously funded by United Way BC. PHHC gratefully acknowledge their support in helping make seniors' transportation more accessible on the Sunshine Coast.*

*Taylor Lowe | Sunshine Coast Resource Centre*



Learn more about Pender Harbour Seniors Link  
Visit: [penderharbourhealth.com](https://penderharbourhealth.com)  
Email: [betterathome@penderharbourhealth.com](mailto:betterathome@penderharbourhealth.com)  
Call: 604-212-2232

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