



CORONADO SHORES

PROVIDER LIST

OCTOBER 2017

THE INDIVIDUALS LISTED HAVE MERELY OFFERED THEIR SERVICES TO CORONADO SHORES' RESIDENTS. THEY ARE NOT OUR EMPLOYEES, AGENTS, OR INDEPENDENT CONTRACTORS. CORONADO SHORES IS RELEASED FROM ALL LIABILITY. WE ARE NOT MAKING RECOMMENDATIONS. YOU CHOOSE A PROVIDER, USING THE LIST AS YOU WOULD THE YELLOWPAGES LISTINGS.

BEAUTY SERVICES

RHONDA BARNWELL	619/ 702-7746	AVON PRODUCTS INC. SALES REP.
STYLE 'N SMILE BEAUTY SALON	619/ 435-4644	FACIALS/EYEBROW THREADING/ EYELASH EXTENSION/NAILS/WAXING
DOMANI SALON (JAN RHEA)	619/ 977-1778	HAIRSTYLING/COLORING
DOMANI SALON (AMALFI)	619/ 829-8249	MANI/PEDI/WAXING/GEL
CORONADO BLOW-DRY BAR	619/ 977-1778	HAIRSTYLING/MAKE-UP
CHRISTINE WELLS	619/ 251-2990	SKIN CARE
MARILYN FELDMAN	617/ 861-7922	SEMI-PERMANENT EYELASH EXTENSIONS

TENNIS INSTRUCTORS

DORA SOMORACZ	619/ 508-4457	TENNIS INSTRUCTOR
EMMANUEL MENSAH	619/ 606-5613	TENNIS INSTRUCTOR
HICHEM MERTIL	619/ 944-3693	TENNIS INSTRUCTOR
JOSE TORRES	619/ 395-8206	TENNIS INSTRUCTOR
CHAPMAN CHAN	818/ 518-7633	TENNIS INSTRUCTOR

FITNESS TRAINERS

CHRISTINE KEYES	619/ 405-1885	FITNESS TRAINER
ETHYANNE OCHOA	619/ 762-0607	FITNESS TRAINER
JEANNE DAUGHERTY	619/ 743-5018	FITNESS TRAINER
GRANT FOREMAN	619/ 203-0506	FITNESS TRAINER
JENNIFER ALVORD	619/ 253-9998	FITNESS TRAINER
SUELLEN ROWE	619/ 820-3611	FITNESS TRAINER
COLIN KING	619/ 208-3164	FITNESS TRAINER
BRET SMITH	619/ 206-7210	FITNESS TRAINER
BRIAN LEHNER	619/ 929-8174	FITNESS TRAINER
KEVIN LABAR	619/ 564-1440	FITNESS TRAINER
LINDA MARQUEZ	619/ 437-6840	FITNESS TRAINER
ENRIQUE MORLETT	619/ 781-2131	FITNESS TRAINER
JACOB BENEVENTI	619/ 384-9991	FITNESS TRAINER
JANIS M. BLOOMQUIST	619/ 655-0902	CERTIFIED SWIM INSTRUCTOR
FLIPPER SURF, LLC JEN MARCELO	619/ 781-7626	SURFING COACH

MASSAGE THERAPY

ELIZABETH YAGER	619/ 804-1222	MASSAGE THERAPY/HEALING ARTS
BODY MECHANICS THROUGH MASSAGE	619/ 787-1135	MASSAGE (HOME-OFFICE, ANY EVENT)

FOOD DELIVERY SERVICES

CONSUMMATE CATERING	619/ 265-0900	CATERING SERVICES
CONTINENTAL CATERING	619/ 698-3500	CATERING SERVICES
M. MUNCHIES WWW.M-MUNCHIES.COM	619/ 906-1842	EUROPEAN CUISINE & CATERING
GO GIRL CONCIERGE COURIER	619/ 508-2709	FOOD DELIVERY SERVICES
SCRATCH GOURMET	619/ 987-4912	CATERING/MEAL DELIVERY
SAVOR CATERING	619/ 423-3348	CATERING SERVICES

HEALTH SERVICES

A SUBTLE IN HOME CARES	619/ 307-1017	AFFORDABLE SERVICES
ABSOLUTE SENIOR HOME CARE, INC	619/ 410-2390	IN-HOME CARE
CARRIE HOGAN	619/ 865-0034	REGISTERED NUTRITIONIST/ PERSONAL CHEF/ YOGA TEACHER
JENNIFER DRIESSEN	619/ 990-1422	YOGA SESSIONS FOR ALL LEVELS
COMFORT KEEPERS CORONADO	619/ 435-6318	IN-HOME CAREGIVING/PERSONAL ASSISTANT
DIANE McLAUGHLIN	949/ 322-0777	CAREGIVER
MARIA SILVA	480/ 329-2044	YOGA AND MEDITATION INSTRUCTOR
ALWAYS THERE, LLC HOME CARE CORONADO	619/ 997-8301	IN-HOME CARE/CAREGIVING/PERSONAL ASSISTANT/TRANSPORTATION
CORONADO AT-HOME ELDER CARE	619/ 437-9199	CERTIFIED HOME HEALTH NURSE AID
LIFESAVERS CPR TRAINING	619/ 227-4277	CPR TRAINING
TAKE FLIGHT YOGA (MELISSA GUFFY, OWNER)	858/ 752-0286	PRIVATE YOGA LESSONS

HOME REPAIR/IMPROVEMENT

CONSTRUCTION DIVERSIFIED	619/ 710-7299	GENERAL CONTRACTING & REMODELING
AREA-81 CLEANING SERVICES SUSANA FERNANDEZ	619/ 616-4396	RESIDENTIAL & COMMERCIAL CLEANING
CORONADO LOCK & KEY	619/ 435-5363	LOCKSMITH & KEYS
SPORT FLOORS DIRECT (FEATURING REGUPOL AMERICA)	619/ 577-0302	SOUND CONTROL/DAMPENING FOR FLOORS
THE TOWN BUILDER	520/ 631-2872	REMODELING & GENERAL CONTRACTOR
OXY PRO CARPET CLEANING	760/ 889-7220	PORTABLE LOW-MOISTURE CARPET CLEANING
TRU-TEAM OF CALIFORNIA, INC	858/ 486-9155	INSULATION, GARAGE DOORS, RAIN GUTTERS, FIREPLACES
CORONADO FLOOR & WINDOW	619/ 435-2261	WINDOW COVERINGS (DRAPES, BLINDS, SHUTTERS) AND FLOOR COVERINGS
ARIANA'S CLEANING SERVICE	619/ 446-9136	HOUSE CLEANING SERVICES
1 ST CLASS HOME MAINTENANCE & IMPROVEMENT SERVICES	619/ 252-6293	HANDYMAN/HOME IMPROVEMENT
R&R CLEANING	619/ 948-7808 OR 619/ 416-8759	HOUSE CLEANING & ORGANIZING
SAN DIEGO FLOOD RESTORATION	619/ 435-3355	FLOOD RESTORATION
SUPERIOR ABATEMENT SERVICES	619/ 458-1763	ASBESTOS/LEAD ABATEMENT, MOLD REMEDICATION, DEMOLITION
CROWN PLUMBING HEATING & AIR	619/ 437-1300	PLUMBING, HEATING & AIR- CONDITIONING SERVICES
TONY MOJICA HANDYMAN SERVICE	619/ 609-9381	HOME REPAIRS, CARPET CLEANING, PAINTING

COMPUTER SERVICES

DON SILVERTHORN WWW.NADODON.COM	619/ 437-4342	COMPUTER & INTERNET SERVICE
EMERALD CITY COMPUTER WORKS	619/ 435-7123	COMPUTER SERVICE

OTHER SERVICES

FITNESS 4 FIDO	619/ 843-6753	DOG-WALKING/DOG-CARE SERVICES
CORONADO CAYS DOGWALKER PAOLA MORALES	619/ 942-6033 619/ 942-6032	DOG-WALKER & PET-SITTING
CHARLIE AHERN	619/ 823-2142	CORONADO REAL ESTATE CONSULTANTS (ahern@msn.com)
MICHAEL ABDOU	619/ 293-7779	INSURANCE SERVICES
ANN KENNEDY	619/ 522-9999	NOTARY SERVICES
SUNSHINE PLACEMENT SERVICES	619/ 253-4095	SENIOR PLACEMENT AND REFERRALS
CORONADO CONCIERGE FOR PEOPLE AND PETS (MAUREEN ROHRS)	619/ 957-9850	DOG-WALKING/HOUSESITTING/PERSONAL ASSISTANT (DRIVING TO APPTS, ETC)
GO GIRL CONCIERGE & COURIER	619/ 508-2709	DOG-WALKING/PET-SITTING/PERSONAL ERRANDS
MADDIE MCKINZIE-SMITH	619/ 302-3408	BABYSITTER & DOG-WALKER
PARCEL & BLOOM	619/ 820-7680	CUSTOM GIFT BOXES