



## **CORONADO SHORES PROVIDER LIST MARCH 2018**

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/ 518-5114	AVON PRODUCTS INC. SALES REP.
STYLE 'N SMILE BEAUTY SALON	619/ 435-4644	FACIALS/EYEBROW THREADING/ EYELASH EXTENSION/NAILS/WAXING
DOMANI SALON (AMALFI)	619/ 829-8249	MANI/PEDI/WAXING/GEL
CHRISTINE WELLS	619/ 251-2990	SKIN CARE
MARILYN FELDMAN	617/ 861-7922	SEMI-PERMANENT EYELASH EXTENSIONS

## TENNIS INSTRUCTORS

HICHEM MERTIL	619/ 944-3693	TENNIS INSTRUCTOR
CHAPMAN CHAN	818/ 518-7633	TENNIS INSTRUCTOR
EMMANUEL MENSAH	619/ 606-5613	TENNIS INSTRUCTOR

## FITNESS TRAINERS

CHRISTY MERRIKEN	760/ 505-3873	FITNESS TRAINER
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
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
SHANA KALAAKEA	619/ 701-6310	MASSAGE THERAPIST/ HHP/ CERTIFIED HYPNOTHERAPIST
BODY MECHANICS-CORONADO MASSAGE (CARA SHERMAN)	619/ 787-1135	MASSAGE THERAPY
MIND BODY WELLNESS MASSAGE (Fabian Alonso)	831/ 512-4147	MASSAGE THERAPY

## HEALTH SERVICES

A SUBTLE IN HOME CARES	619/ 307-1017	AFFORDABLE SERVICES
ABSOLUTE SENIOR HOME CARE, INC	619/ 410-2390	IN-HOME CARE
FRANCISCA SANDOVAL	619/ 735-1243	CAREGIVER
CARRIE HOGAN	619/ 865-0034	REGISTERED NUTRITIONIST/ PERSONAL CHEF/ YOGA TEACHER
JENNIFER DRIESSEN	619/ 990-1422	YOGA SESSIONS FOR ALL LEVELS
WENDI SALAS	619/ 551-1600	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	858/ 752-0286	PRIVATE YOGA LESSONS
SENIOR CARE COMPANION	714/ 240-3039	SENIOR CAREGIVER
A CARING HEART HOME CARE	619/ 585-1877	HOME CARE (NON-MEDICAL) HOURLY & LIVE-IN
BELIA MENDEZ	619/ 227-2773	CAREGIVER
EDGE METHOD (LISA MENEELY FREDRICH)	949/ 310-5904	YOGA/REHABILITATIVE TRAINING

## HOME REPAIR/IMPROVEMENT

CONSTRUCTION DIVERSIFIED	619/ 710-7299	GENERAL CONTRACTING & REMODELING
AREA-81 CLEANING SERVICES	619/ 616-4396	RESIDENTIAL & COMMERCIAL CLEANING
CORONADO LOCK & KEY	619/ 435-5363	LOCKSMITH & KEYS
LITTLE HELPER CLEANING SERVICES	619/ 736-9033	HOUSEKEEPING SERVICES
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 <sup>ST</sup> 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 REMEDIATION, 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
ZEN YOUR HOME	858/ 215-4474	DE-CLUTTER & ORGANIZE HOMES, GARAGES, OFFICES

## FOOD SERVICES

CONSUMMATE CATERING	619/ 265-0900	CATERING SERVICES
CONTINENTAL CATERING	619/ 698-3500	CATERING SERVICES
M. MUNCHIES <a href="http://WWW.M-MUNCHIES.COM">WWW.M-MUNCHIES.COM</a>	619/ 906-1842	EUROPEAN CUISINE & CATERING
SCRATCH GOURMET	619/ 987-4912	CATERING/MEAL DELIVERY
SAVOR CATERING	619/ 423-3348	CATERING SERVICES
WAITERS TO GO	619/ 522-9849	RESTAURANT DELIVERY SERVICE

## COMPUTER SERVICES

DON SILVERTHORN <a href="http://WWW.NADODON.COM">WWW.NADODON.COM</a>	619/ 300-8485	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 ( <a href="mailto:ahern@msn.com">ahern@msn.com</a> )
MICHAEL ABDOU	619/ 293-7779	INSURANCE SERVICES
MIKE MARUCA	949/ 858-5141	LIFE INSURANCE BROKER (Access to Top-rated companies/competitive Premiums)
ANN KENNEDY	619/ 522-9999	NOTARY SERVICES
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/FOOD DELIVERY SERVICES
MADDIE MCKINZIE-SMITH	619/ 302-3408	BABYSITTER & DOG-WALKER
PARCEL & BLOOM	619/ 820-7680	CUSTOM GIFT BOXES
CORONADO HOMEWATCH <a href="http://www.coronadohomewatch.com">www.coronadohomewatch.com</a>	619/ 987-1846	CONCIERGE/PROPERTY MGMT SERVICES FOR SECOND-HOME OWNERS
THE BUMPER GUY, INC. (AUTO BODY & COLLISION REPAIR)	619/ 203-5191	ON-SITE ESTIMATES; PICK-UP/DROP- OFF SERVICE; FREE