



## **CORONADO SHORES PROVIDER LIST SEPTEMBER 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 REP.	619/ 518-5114	AVON PRODUCTS INC. SALES
DOMANI SALON (AMALFI)	619/ 829-8249	MANI/PEDI/WAXING/GEL
CHRISTINE WELLS	619/ 251-2990	SKIN CARE

### **TENNIS INSTRUCTORS**

CHAPMAN CHAN	818/ 518-7633	TENNIS INSTRUCTOR
EMMANUEL MENSAH	619/ 606-5613	TENNIS INSTRUCTOR
JOSE TORRES	619/ 395-8206	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
JENNIFER ALVORD	619/ 253-9998	FITNESS TRAINER
SUELLEN ROWE	619/ 820-3611	FITNESS TRAINER
BRET SMITH	619/ 206-7210	FITNESS TRAINER
BRIAN LEHNER	619/ 929-8174	FITNESS TRAINER
FLIPPER SURF, LLC JEN MARCELO	619/ 781-7626	SURFING COACH
COLIN KING	619/ 208-3164	PHYSICAL THERAPIST
JENNY WOUDEBERG	480/ 729-1613	YOGA, PADDLEBOARDING, YOGA PADDLEBOARDING

## **MASSAGE THERAPY**

ELIZABETH YAGER ARTS	619/ 804-1222	MASSAGE THERAPY/HEALING
SHANA KALAAKEA	619/ 701-6310	MASSAGE THERAPIST/ HHP/ CERTIFIED HYPNOTHERAPIST
BODY MECHANICS (CARA SHERMAN)	619/ 787-1135	SPORTS/CHRONIC PAIN MASSAGE
CORONADO ISLAND MASSAGE MASSAGE (CARA SHERMAN)	619/ 787-1135	RELAXATION/BODY/SKIN-CARE
MIND BODY WELLNESS MASSAGE (Fabian Alonso)	831/ 512-4147	MASSAGE THERAPY

## HEALTH SERVICES

A SUBTLE IN HOME CARES	619/ 307-1017	AFFORDABLE SERVICES
MARIA RIOS	619/ 838-1351	CAREGIVER
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
CROWN CITY CHIROPRACTIC & RELEASE SPORTS PERFORMANCE (CHRIS COULSBY)	619/ 435-3155	CHIROPRACTIC & ACTIVE TECHNIQUE
ALWAYS THERE, LLC HOME CARE CARE/CAREGIVING/PERSONAL CORONADO	619/ 997-8301	IN-HOME ASSISTANT/TRANSPORTATION
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
GO GIRL CONCIERGE & COURIER COMPANIONSHIP, ERRANDS	619/ 508-2709	SENIOR
COMFORT KEEPERS CORONADO	619/ 435-6318	IN-HOME CARE
MARIA VICTORIA	619/ 944-8155	CAREGIVER
JOANA GONZALES	619/ 386-0497	CAREGIVER
ABSOLUTE SENIOR HOME CARE	619/ 410-2390	IN-HOME CARE FOR SENIORS
MINERVA BENITEZ LOPEZ	619/ 551-1600	CAREGIVER/HOUSEKEEPING
OLGA LETICIA BENITEZ LOPEZ	619/ 551-1600	CAREGIVER/HOUSEKEEPING

LIFE WELLNESS LAB  
CUSTOM  
(MELISSA MCLANE)

415/ 729-1501

HEALTH & WELLNESS COACH-  
ULTIMATE PROGRAMS

## **HOME REPAIR/IMPROVEMENT**

CONSTRUCTION DIVERSIFIED  
REMODELING

619/ 710-7299

GENERAL CONTRACTING &

AREA-81 CLEANING SERVICES  
CLEANING

619/ 616-4396

RESIDENTIAL & COMMERCIAL

CORONADO LOCK & KEY

619/ 435-5363

LOCKSMITH & KEYS

LITTLE HELPER CLEANING SERVICES

619/ 736-9033

HOUSEKEEPING SERVICES

THE TOWN BUILDER  
CONTRACTOR

520/ 631-2872

REMODELING & GENERAL

CORONADO FLOOR & WINDOW  
BLINDS,

619/ 435-2261

WINDOW COVERINGS (DRAPES,  
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  
ORGANIZING

619/ 948-7808 OR

HOUSE CLEANING &

619/ 416-8759

SAN DIEGO FLOOD RESTORATION

619/ 435-3355

FLOOD RESTORATION

SUPERIOR ABATEMENT SERVICES  
MOLD

619/ 458-1763

ASBESTOS/LEAD ABATEMENT,  
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

MARIA RIOS

619/ 838-1351

HOUSEKEEPER

CORONADO HOMEWATCH  
SERVICES  
[www.coronadohomewatch.com](http://www.coronadohomewatch.com)

619/ 987-1846

CONCIERGE/PROPERTY MGMT  
FOR SECOND-HOME OWNERS

CARPET BRIGADE

619/ 395-3716

CARPET CLEANING

ROYAL WINDOW COVERINGS, INC. 858/ 650-3035

WINDOW COVERING TREATMENTS

## FOOD SERVICES

CONSUMMATE CATERING

619/ 265-0900

CATERING SERVICES

SAVOR CATERING

619/ 423-3348

CATERING SERVICES

WAITERS TO GO

619/ 522-9849

RESTAURANT DELIVERY SERVICE

TOAST CATERING

619/ 756-6658

CATERING SERVICES

## COMPUTER SERVICES

DON SILVERTHORN  
SERVICE  
[WWW.NADODON.COM](http://WWW.NADODON.COM)

619/ 300-8485

COMPUTER & INTERNET

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

MICHAEL ABDOU

619/ 293-7779

INSURANCE SERVICES

MIKE MARUCA  
to  
rates)

949/ 858-5141

LIFE INSURANCE BROKER (Access  
Top-rated companies/competitive

CORONADO CONCIERGE FOR PEOPLE  
WALKING/HOUSESITTING/PERSONAL  
AND PETS (MAUREEN ROHRS)  
APPTS, ETC)

619/ 957-9850

DOG-  
ASSISTANT (DRIVING TO

GO GIRL CONCIERGE & COURIER  
SITTING/PERSONAL

619/ 508-2709

DOG-WALKING/PET-  
ERRANDS/FOOD DELIVERY SERVICES

MADDIE MCKINZIE-SMITH	619/ 302-3408	BABYSITTER & DOG-WALKER
THE BUMPER GUY, INC. UP/DROP- (AUTO BODY & COLLISION REPAIR)	619/ 203-5191	ON-SITE ESTIMATES; PICK- OFF SERVICE; FREE
EZ-TOUCH MOBILE CAR WASH <a href="http://www.eztouches.com">www.eztouches.com</a>	619/ 909-6302	MOBILE WATERLESS CAR WASH
LAUNDRY LOUNGE	206/ 354-2929	LAUNDRY PICK-UP/DELIVERY/FLUFF & FOLD