



CORONADO SHORES PROVIDER LIST November/December 2021

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.

TENNIS INSTRUCTORS

EMMANUEL MENSAH	619/ 606-5613	TENNIS INSTRUCTOR
MARIO DI LONARDO	619/ 362-5688	TENNIS INSTRUCTOR
JOSE A. TORRES	619/ 395-8206	TENNIS INSTRUCTOR
CHAPMAN CHAN	818/ 518-7633	TENNIS INSTRUCTOR
CHRISTIAN CABALLERO	619/ 327-6556	TENNIS INSTRUCTOR

FITNESS TRAINERS

ETHYANNE ANDRES	619/ 762-0607	FITNESS TRAINER
JEANNE DAUGHERTY	619/ 743-5018	FITNESS TRAINER
CHRISTINE KEYES	619/ 405-1885	FITNESS TRAINER
JULIE OTT	310/ 709-8088	FITNESS TRAINER
FRANCIS NUGENT	708/ 243-8879	FITNESS TRAINER
LINDA MARQUEZ	619/ 889-0632	FITNESS TRAINER

HEALTH & WELLNESS SERVICES

MELINDA GAFFORD	619/ 701-5894	PILATES MAT WORK
ELEVATE PERFORMANCE	619/ 768-2796	CRYOTHERAPY WHOLE BODY & LOCALIZED TREATMENT, INFRARED SAUNA, VIBRATION PLATE, COMPRESSION THERAPY & "HIT" TRAINING
JANIS BLOOMQUIST	619/ 655-0902	SWIM INSTRUCTOR
RESULTS PHYSICAL THERAPY	619/ 437-6450	PHYSICAL THERAPY (OUTPATIENT)
ABSOLUTE SENIOR HOME CARE	619/ 410-2390	IN-HOME CARE & ASSISTANCE
A SUBTLE IN-HOME CARES	619/ 307-1017	AFFORDABLE SERVICES
CARRIE HOGAN	619/ 865-0034	REGISTERED NUTRITIONIST/ PERSONAL CHEF/ YOGA TEACHER
JENNIFER DRIESSEN	619/ 990-1422	YOGA SESSIONS FOR ALL LEVELS
ALWAYS THERE, LLC HOME CARE CORONADO	619/ 997-8301	24-HOUR IN-HOME CARE
GO GIRL CONCIERGE & COURIER	619/ 508-2709	SENIOR COMPANIONSHIP, ERRANDS
COMFORT KEEPERS	619/ 435-6318	IN-HOME CAREGIVERS
OSCAR A. OJEDA	702/ 785-7272	LICENSED CAREGIVER/NURSE ASSISTANT
MAUREEN ROHRS	619/ 957-9850	CAREGIVING/RIDES/SHOPPING
ROME VENTURA, CMT	619/ 879-0507	IN-HOME MASSAGE THERAPIST

HOME REPAIR/IMPROVEMENT/CLEANING

CORONADO LOCK & KEY	619/ 435-5363	LOCKSMITH & KEYS
LITTLE HELPER CLEANING SERVICES	619/ 736-9033	HOUSEKEEPING SERVICES
MARIA RIOS	619/ 838-1351	HOUSEKEEPER
WENDI SALAS	619/ 551-1600	HOUSEKEEPING SERVICES
CHRISTIAN BROTHERS EMERGENCY BUILDING SERVICES	619/ 469-8955	EMERGENCY BUILDING SERVICES/ RESTORATION
PERFORMANCE HOUSE CLEANING	619/ 712-5382	HOUSEKEEPING SERVICES

FOOD SERVICES

CORONADO CATERING	619/ 917-3392	CATERING SERVICES
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OTHER SERVICES

MARY BETH GRAY	471562/ 631-4433	DOG WALKER
SEASIDE PET CARE (JACKSON RYAN)	619/ 865-3088	DOG WALKER, PET CARE, PERSONAL ERRANDS. MANY LOCAL REFERENCES AVAILABLE; CORONADO NATIVE.
MAUREEN ROHRS	619/ 957-9850	PET SITTING/WALKING, HOUSESITTING, ERRANDS
MIMI DESIGNS	773/ 486-0668	FACE MASKS HOMEMADE/NO-CONTACT LOCAL PICK UP, OR WE CAN SHIP
619 SERVICES SD (ROGELIO GARCIA)	619/ 954-2963	TRANSPORTATION TO/FROM AIRPORT (SD/LAX/CBX); ANY OTHER EVENTS & APPOINTMENTS AS NEEDED
CHAPMAN CHAN	818/ 518-7633	PERSONAL FINANCE/ESTATE PLANNING: WILLS & TRUSTS
MO HADWAN	619/ 664-4230	ATTORNEY (HOA LITIGATION/ REAL ESTATE LAW/ PERSONAL INJURY)
MATTHEW KHALIL	858/ 337-6441	ATTORNEY (BUSINESS LAW/ CORPORATE LAW/ REAL ESTATE LAW)
EDWARD JONES (HAYLEY BEARD)	619/ 435-7712	FINANCIAL PLANNING & INVESTMENTS
TWO MEN AND A TRUCK	858/ 215-6089	LOCAL & LONG DISTANCE MOVING & PACKING SERVICES

