



## **CORONADO SHORES**

### **PROVIDER LIST**

### **APRIL 2023**

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**

<b>VICENTE TULLIANO</b>	<b>925/ 949-6822</b>	<b>TENNIS INSTRUCTOR</b>
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<b>DORA SOMORACZ</b>	<b>619/ 508-4457</b>	<b>TENNIS INSTRUCTOR</b>
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<b>EMMANUEL MENSAH</b>	<b>619/ 606-5613</b>	<b>TENNIS INSTRUCTOR</b>
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#### **FITNESS TRAINERS**

<b>ETHYANNE ANDRES</b>	<b>619/ 762-0607</b>	<b>FITNESS TRAINER</b>
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<b>JEANNE DAUGHERTY</b>	<b>619/ 743-5018</b>	<b>FITNESS TRAINER</b>
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<b>ENRIQUE MORLETT</b>	<b>619/ 781-2131</b>	<b>FITNESS TRAINER</b>
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<b>JULIE OTT</b>	<b>310/ 709-8088</b>	<b>FITNESS TRAINER</b>
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<b>ESZTER BOGDANY</b>	<b>424/ 362-8965</b>	<b>FITNESS TRAINER</b>
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<b>ANGELA GITSCHIER</b>	<b>502/ 303-1922</b>	<b>FITNESS TRAINER</b>
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<b>LAUREN ATKINSON</b>	<b>631/ 356-4952</b>	<b>FITNESS TRAINER</b>
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<b>GLENN MATANZA</b>	<b>619/ 549-3342</b>	<b>FITNESS TRAINER</b>
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<b>SHAYNA HUTCHISON</b>	<b>858/ 344-2614</b>	<b>FITNESS TRAINER/PILATES INSTRUCTOR</b>
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## **HEALTH & WELLNESS SERVICES**

<b>A SUBTLE IN-HOME CARES</b>	<b>619/ 307-1017</b>	<b>AFFORDABLE SERVICES</b>
<b>CARRIE HOGAN</b>	<b>619/ 865-0034</b>	<b>REGISTERED NUTRITIONIST/ PERSONAL CHEF/ YOGA TEACHER</b>
<b>JENNIFER DRIESSEN</b>	<b>619/ 990-1422</b>	<b>YOGA SESSIONS FOR ALL LEVELS</b>
<b>ALWAYS THERE, LLC HOME CARE CORONADO</b>	<b>619/ 997-8301</b>	<b>24-HOUR IN-HOME CARE</b>
<b>GO GIRL CONCIERGE &amp; COURIER</b>	<b>619/ 508-2709</b>	<b>SENIOR COMPANIONSHIP, ERRANDS</b>
<b>OSCAR A. OJEDA</b>	<b>702/ 785-7272</b>	<b>LICENSED CAREGIVER/NURSE ASSISTANT</b>
<b>MAUREEN ROHRS</b>	<b>619/ 957-9850</b>	<b>CAREGIVING/RIDES/SHOPPING</b>
<b>ROME VENTURA, CMT</b>	<b>619/ 879-0507</b>	<b>IN-HOME MASSAGE THERAPIST</b>
<b>BODYREFINED</b>	<b>650/ 439-0499</b>	<b>BODY SCULPTING (NON-INVASIVE FAT REDUCTION)</b>
<b>ISLAND ESTHETICS</b>	<b>858/ 774-4305</b>	<b>SKIN CARE &amp; HAIR REMOVAL (SUGARING)</b>
<b>JO STRETCH</b>	<b>619/ 537-0010</b>	<b>ONE-ON-ONE ASSISTED STRETCHING</b>
<b>STYLE N SMILE NAIL SALON</b>	<b>619/ 435-4644</b>	<b>NAILS, EYELASH EXTENSIONS, FACIALS, THREADING, WAXING</b>
<b>RHONDA BARNWELL</b>	<b>619/ 702-7746</b>	<b>AVON PRODUCTS, INC. SALES REP.</b>
<b>ESZTER BOGDANY</b>	<b>424/ 362-8965</b>	<b>FITNESS/WELLNESS TRAINING IN YOUR HOME</b>
<b>JAMES L ECONOMOU, MSW</b>	<b>207/ 837-9930</b>	<b>INDIVIDUAL AND FAMILY COUNSELING FOR ALL AGES. 40+ YRS EXPERIENCE</b>

## **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 CLEANING	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
BARRIO LOGAN POWDER COATING AND SANDBLASTING, LLC	619/ 314-9030	WE RESTORE AND PRESERVE ANY METAL SURFACE WITH QUALITY POWDER COATING
MATTHIAS NOWAK	336/ 467-1436	HANDYMAN/CONSTRUCTION
CLEAN CITY PRESSURE WASHING	619/ 772-6484	PROFESSIONAL POWER WASHING SERVICES (FLOORS, WALLS, ETC)

## **FOOD SERVICES**

CORONADO CATERING	619/ 917-3392	CATERING SERVICES
TWO MY KITCHEN (CRISTINA ORVANANOS)	305/ 496-9904	HEALTHY, NUTRITIOUS MEALS, COOKED, "FLASH FROZEN" AND AVAILABLE FOR DELIVERY.
BOBA BARRE	415/ 613-3573	HOMEMADE BUBBLE TEA

## **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
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
EDWARD JONES	619/ 435-7712	FINANCIAL PLANNING
THE KIMO QUANCE GROUP (LORENE PEARCY)	619/ 971-7916	REAL ESTATE SALES & CONSULTING
EMERALD CITY COMPUTERS	619/ 435-7123	IN-HOME/IN-SHOP COMPUTER/NETWORK/ TV SUPPORT
CORONADO MOBILE NOTARY	619/ 319-7812	MOBILE NOTARY PUBLIC
FORCE FENCING LLC	858/ 344-7575	FENCING CLASSES/LESSONS (OFF-SITE ONLY)