



LastingLoveConnection

47 Awesome Date Night Ideas:

Want to spark those love-hormones? Then go try the dates you've never done before. Current research shows that when couples do new things together, their brains are activated in the same way as when they first fell in love.

Working with clients, I have that my couples find tremendous value in scheduling one weekly date night. The weekly dates can be simple—go for a walk together for 20 minutes, go out for tea, go to a movie. The idea is to schedule something, follow through, and communicate to each other that the relationship matters.

- 1. Cuddle up on the couch and watch a movie together.** It's a wonderful way to get close, enjoy cuddles, and be together.
- 2. Slow dance together at home.** It's low cost, convenient, and yet very romantic.
- 2. Go on a short walk together.** Take a new route on your walk.
- 4. Go to a beautiful look out together.** If you need to, google look out spots in your city.
- 5. Go to a comedy show together.** Laughing together will definitely draw you closer.
- 6. Give each other massages.** If you need ideas, go on youtube, you'll find tons of massage technique ideas.
- 7. Dance together at home.** It's romantic and low-cost.

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8. Go on a museum date. Art! Look at the beautiful work, then talk about it.

9. Take a long walk together. You don't need a destination because you have each other.

10. Grocery shop together. Walk through the aisles and talk about your favorite foods. Pick out some foods for idea number 5- a picnic together.

11. Go on a picnic. Few things are more romantic than packing up an old-fashioned picnic. If you've never done this, now's the time.

12. Take a cooking class. You'll learn something new, do something new, and you can use the skills learned later on.

13. Grab drinks at a bar. Go to a bar you'd never go in. Mix it up!

14. Have a coffee date. It's super casual and no one will puke on your shoes after.

15. Fly a kite. This is surprisingly wonderful because no one ever does this and you feel a little bit like a kid again. Perfect.

16. Go to the beach. Gorgeous water, lots of sun, and both of you are kind of naked!

17. Go to a bed and breakfast. It's like a date inside someone else's house!

18. Go to trivia night at a bar. What's more fun than proving you know more than the person you're on a date with? Nothing.

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- 19. Go to a sports game.** Watch other people win and lose and sit there and judge them.
- 20. Go to the park.** Sit on a bench, lie in the grass. You're already imagining yourself there right now and it feels cool, doesn't it?
- 21. Go see a play.** Afterwards you two can have a fun conversation about the event.
- 22. Go to a farmers' market.** As long as you're not there just picking up groceries, it's a pretty cute date.
- 23. Get brunch.** There's booze, there's food, and you just woke up next to each other. What's not great about that?
- 24. Go to a workout class.** The couple that fails at hip-hop dance together stays together.
- 25. Go to a bookstore.** You haven't read that???
- 26. Go to a record store.** You haven't heard that???
- 27. Make dinner together.** This is great because even if it sucks, you made that mess together.
- 28. Bake together.** I enjoy doing this from time to time, as I always learn something new and get something sweet afterwards.
- 29. Go antiquing.** This is a fun way to go explore stores you would never shop at, and talk about things you may never look at otherwise.
- 30. Go to a zoo.** Look at all those cute animals! Sure, they're also captive and sad but so cute!

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- 31. Go to the botanical gardens.** Gorgeous flowers everywhere make everything smell and look amazing. Nothing is better.
- 32. Play board games.** This can be a fun way to spend an evening—turn off the electronics and do something new.
- 33. Go bowling.** Get a few of each other's friends and go bowling.
- 34. Go bike riding together.** It's a wonderful way to explore neighborhoods and get to areas in a way that you two have not done together.
- 35. Go to the arcade.** It's a fun way to do something new—if you're like us, I play video games and she doesn't. That makes it a new experience for us as a couple.
- 36. Go back to the place you had your first date.** Reminiscing on good times is one of the top ways we've found to help couples reconnect.
- 37. Go to the library together.** It's not a common date, but it's low-cost and can be really relaxing.
- 38. Volunteer for a cause you two believe in.** Helping others is a fantastic way to spread the love.
- 39. Go to a drive in theater.** I have never been to a drive-in theater, and my guess is most of you reading this haven't either. This date will raise your oxytocin because it's new.
- 40. Buy treats at a bakery you've never been to.** Go enjoy the local sweets together.
- 41. Try a free martial-arts class together.** Learn something new, have fun, and who knows- maybe you'll love the class.

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42. Take a tour in your city. Most of us never do the tourist thing unless we have visitors. There are a lot of cool things to see in your city.

43. Go to a local poetry show. Personally, this is one of my favorite low-cost and yet romantic ideas. If you google, “open mics” in your area you’ll likely find something. If you are in a major city, I highly recommend googling, “YouthSpeaks” they put on some of the best open mics/and poetry competitions in that nation.

44. Take an afternoon art class. A short art class on a weekend can cost anywhere from \$30-\$200 per person. There are some great deals ongroupon, nCrowd, LivingSocial, AmazonLocal, and other coupon websites for art classes or other cool low-cost events.

45. Go on a short drive and go on a day hike. Being in the city is stressful, get out and have fun somewhere more scenic and quiet.

46. Go out dancing. For my partner, this is her favorite on the list. If you don’t like dancing—give new types of dancing a try. Personally I like dancing where I can dance any style and not certainly have to lead my partner.

47. Take a yoga class together. I love doing hot yoga, it’s a great way to get a stretch and be with my partner.

Now, go out try these date ideas—and add your own ideas to the list.

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