



# Couple's Activities

*Love Deeply Tool*



## Couple's Activities

**Home Project** – Design and work on any number of home improvement projects together ranging from merely painting a room to building an elaborate outside deck.

**Flea Markets/Antique Shops & Garage Sales** – A Saturday morning stroll at an antique fairground, flea market, or garage sale can yield some great finds for both you and your partner. There is sure to be something for everyone.

**Dance Class** – Sign up for a dance class together at a local studio or Community College. Take a Swing, Tango or Ballroom Class. You might be saying, “Oh my husband has two left feet.” The idea is to go and reconnect with each other again and to have fun touching and holding. It’s about having fun in the process. Other couples are there to do the same thing as you and so you will likely meet and make some new friends.

**Concerts** – Attending a concert is a nice alternative to the same old dinner and movie routine. No matter what your musical taste is, you can catch any type of music in a concert in a nearby city close to your hometown. Even small towns usually host musical artists every once in a while to which you should take advantage. If you’re into rock-n-roll old-timers are constantly getting back together and are hitting the road in concert once again. Or perhaps you prefer to catch a classical music concert with a violin trio or the foot-stomping music of country-western. Whatever your forte, a concert can really break up the routine and bring back memories.



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**Jazz Clubs** – Along the same line as concerts, but much more intimate is my favorite off the beaten path, Jazz Clubs. These little diamonds in the rough allow you to slip into something tight and black and listen to some sultry Blues singer or a good Piano Jazzy Jammer. It's the perfect setting to stare into your partner's eyes and reconnect, play a little footsie under the table and forget your troubles with your favorite saucy beverage.

**Plays** – Give a local Theatre a chance every now and then. You just might be surprised how much you enjoy getting away from the usual routine and watching people act on stage. I live between 2 major Universities so we have a slew of play choices to select from at any given time.

**Comedy Show** – Catch a comedy act when a comedian of your liking is in town. There is nothing better than having an evening of good laughs!

**Dinner Train/Dinner Cruise** – Make reservations on a Dinner Train that takes you on a voyage between several cities and provides you with an intimate 5-course lavish meal for two. Make sure your dinner train has entertainment like a piano bar, musical performance, or theatre train. It's really fun. My husband and I took a dinner train for our Anniversary and really enjoyed it. Some cities have Dinner Cruises on River Boats that serve you a nice dinner while taking you down a river. Detroit, MI offers dinner cruises along the Detroit River between the cities of Detroit and Windsor for the evening.



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**Take Train Ride to Nearby City** – Get up early in the morning and take a train ride to a nearby city to go window shopping for the day. Eat lunch at a nice restaurant while you're there with your partner. Then catch the last train back home at the end of the day.

**Art Museum** – Go to the nearest major metropolitan art museum near you and spend the whole day there with your partner. Take in all the sites and really enjoy your day, not missing out on any exhibits!

**Bowling** – Most bowling alleys have automated score-keeping so it's really been an easy way to blow off steam and have a great time doing it. If you're not the greatest bowler, just have the alley put up the bumpers. It can be a hilarious and fun time.

**Putt-Putt Golf** – You don't have to be a golfer to enjoy golfing at a putt-putt golf park with your partner. It's not just for the kids either. It's really fun knocking the ball around, and if you're competitive – this is a good way to spend the afternoon followed by a trip to an ice cream parlor.

**Canoeing** – Pack up food for the day and rent a canoe at a nearby river. Don't forget the sunscreen and flip flops. Be sure to wear life preservers. This is a great activity to take in the sights, laugh and just have plain simple fun, plan on getting wet.



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**Hiking/Brisk Walking**– Find a local park with hiking trails that you've never been to before and get your hiking shoes on, get your backpack on, grab your water bottle and some snacks, and hit the trails with your partner. If you live in a major city and can't get out to trails, go brisk walking together on city sidewalks.

**Bike Riding** – There's nothing like a good long bike ride no matter where you live. Just make sure you have the proper gear – good riding shoes, a water bottle, and a bike helmet.

**Rollerblading** – If you're really athletic and have a pair of rollerblades with a nice smooth place to rollerblade, then rollerblading together with your partner is a wonderful joint exercise you can do together that's both fun and burns calories.

**Racquetball or Tennis** – For the real athletic and competitive couples an open tennis court is always a good place to spend an afternoon. Even if you are a beginner in the world of tennis, it's fun to find an open court and just practice hitting balls back and forth over the net to one another. If you're not comfortable playing on an open court racquetball is a nice alternative because you get your own indoor court to yourselves and can hit the ball willy-nilly all over the place and you don't have to worry about hitting your ball into the next court over.



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### Romantic

- A candle-lit dinner is a special way for a married couple to spend an evening together. Enjoy your favorite meal with a glass of wine, then spend the rest of the evening relaxing and watching a romantic movie. Give each other full-body massages with oil and incense burning.
- Plan a romantic getaway for just the two of you. Spend the weekend in a cabin in the mountains or at a resort where you can relax and enjoy each other's company without worrying about any distractions experienced at home.

### Creative

- A unique and creative date is a fun way to shake things up or take you back to your youth. Check out a poetry reading or karaoke contest. These things will allow you to relax and spend time together while being entertained.
- For a more exciting date, visit an amusement park and ride all of the roller coasters before having a nice lunch and playing arcade games. Take some dance classes, go bowling or try a new sport.



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### Cheap

- Not every date has to be extravagant or expensive. Go for a walk in the park, holding hands while enjoying the scenery and engaging in conversation. Prepare a picnic lunch and spend the afternoon eating, flying kites, playing catch, roller skating or simply sitting on a blanket while talking and laughing.

### Physical

- Doing something physical can be fun and also help improve your health and fitness. Try going on a long hike or bike ride in the mountains. Swimming is a great way to cool off on a hot summer day. Let your inner child out by having a cannonball contest or racing to see who can swim across the pool fastest.



## Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

*Kevin*

@KEVINDALY

[WWW.BROKENCHAINSINTL.COM](http://WWW.BROKENCHAINSINTL.COM)

[INFO@BROKENCHAINSINTL.COM](mailto:INFO@BROKENCHAINSINTL.COM)