

Marriage Time is essential for a healthy relationship. Here are some ideas we love!

### **Date Night Jar**

Take a jar or basket and fill with slips of paper with different ideas. Choose three colours of paper based on whether the activity is free, low cost or higher cost with planning required. Next time you're stuck for ideas, pull a slip based on how much time you have and finances. (We've also seen this idea done with painted popsicle sticks- be creative!) These are some of our favourite date ideas to get your imagination flowing:

#### **Free**

- Share a bath
- DVD movie of her (or his) choice
- Make a meal together using ingredients on hand
- Game night- childhood board games or playing cards
- Go for a walk along the river
- Stargaze or sit outset and watch the sunset
- Turn on the radio and dance

#### **Low cost**

- Desert only date
- Coffee date
- Bowling
- Go to a pick your own farm
- Visit a museum
- Picnic in the park
- Make pottery
- Cinema night
- Enjoy a takeaway meal by candlelight

#### **Higher cost & requires planning**

- See a play, musical or concert
- Go away for a night in a B&B or hotel

### **Act Like Teenagers**

Go back to your teenage years and think back to your favourite Saturday night activities. Go roller skating; visit an amusement park; hold hands during cheesy love songs. These nostalgic activities should make you laugh, relax and enjoy yourselves!