

Romantic Winter Date Ideas

Just because the temperature drops, it doesn't mean we can't still have fun on a date. If it seems like I'm dodging the topic of Valentine's Day, it's because I am. If you read my articles regularly, then you already know how badly I want couples to try to be romantic more than just one day a year. I frequently talk with couples about the need for quality time together to keep their relationship close and connected, and I suggest a regular "date night." Almost without fail during the winter months, I'm met with resistance because there's "nothing to do when it's cold." I agree, doing dinner and a movie does become monotonous and boring. So, here are some romantic date ideas to fill those cold winter nights. If you're looking for ideas for a sexy night in, just skip to the end. ☺

Dates That Require Forethought

Some dates take a bit more time and effort to plan than others. Some examples of these are: going to a concert; going to see a play/musical; going to the ballet; going to a comedy club; etc. Ticketmaster tends to be the go to place to purchase tickets; however, if you find that the show you really want to see is sold-out, I suggest looking on stubhub.com or eBay, where you can purchase tickets secondhand. Taking a couples class together is another idea for a date that requires forethought and effort. Some examples of classes for couples are: cooking; pottery; DIY/Learning workshops; and dance lessons. Learning something new together can be a great way to have fun and feel closer to one another. When couples are learning something new together, it gives them the opportunity to grow as a couple. Looking for something more relaxing? Try a couple's massage or a couple's Spa Day. If you both have very different interests, try alternating who gets to plan the date night. When it's your turn, try to plan the date around what you think they would like; and likewise for them when it's their turn.

Spontaneous Dates

Many couples have busy schedules and are just trying to squeeze in their date nights. If this is your situation, there are still plenty of options that do not require anything to be planned or purchased ahead of time. Some suggestions for these dates are: going to a Museum; an Aquarium; an Art Gallery; or trying a restaurant that serves a type of cuisine you've never had before. For example, if you've never tried Ethiopian, there are a number of fantastic Ethiopian Restaurants in Philadelphia. I've also found a love for Moroccan Restaurants. I'm still mourning the loss of Casablanca, a Moroccan restaurant that used to be in New Castle. In its wake, I've had to settle for Ali Baba in Newark, which serves Lebanese and Greek cuisine. Even if you hate it, it will still be a unique experience that you, as a couple, can experience together (and hopefully have a good laugh over, if you both think it is truly awful). The idea is to create a new experience together and just have fun.

Adventurous Dates

Maybe you're a couple that loves the winter and can't wait to get out there and do something fun together? Fantastic, there is no shortage of opportunities for outdoor activities for couples in the winter. There are the obvious activities: skiing; sledding/tubing; and/or ice-skating. But you might also consider "winter camping" or renting a cabin somewhere. Perhaps you want to try one of these activities for the first time? Wonderful! It's another opportunity for you and your partner to take a lesson together, and learn something new as a couple. You may or may not have to call in advance to schedule a lesson, depending on the place and whether or not it's peak season, when they're less likely to have openings on short notice.

Want to do something adventurous without worrying about the weather? Try indoor rock climbing. You'll have the option to take an "Intro to Climbing Class" with an instructor together before they let you go off on your own.

Some places will also have staff available that will allow you to do a “trial climb,” with the staff member serving as the belayer (that’s the person standing on the ground, keeping the appropriate amount of slack on the climber’s rope—trust me, you want the professional doing this if you’re new). Two additional options for activities that couples might try to learn together are martial arts, or taking a kickboxing class.

If you’re looking for options that are active, but not overly physical in nature, you might try taking a yoga class together—there are some yoga studios that have specific classes just for couples. Other classes you might try taking together are Tai Chi (defined as: a slow meditative physical exercise designed for relaxation and balance and health) or Qigong (defined as: an ancient Chinese system that integrates physical postures, breathing techniques and focused intention).

Dates You Never Have to Leave Home For

The most important thing to remember when creating a “date at home” is to make it feel very different than a regular night together in the house. For example, perhaps you want to try a “Fondue for Two” night. Make the space look and feel more romantic. There are many ways to do this, including changing the lighting (candles, etc.), putting rose petals around the table, and/or using your “fancy china.” If you have a fireplace, build a fire and have your date in front of the fireplace. Alternatively, you could safely build a bonfire in the backyard and cozy up together with your favorite winter beverage. Another at-home date idea is looking at old photos together; if you’re married, looking at your wedding video or photo album. If you’re a new couple, it may be a good opportunity to learn about your partner’s past life experiences by sharing photos with each other, and telling whatever stories may accompany them. Remember, just because you’re at home, doesn’t mean you can’t still dress up for each other. Do everything you might otherwise do to prepare for a date, even though you plan to stay in.

Want to turn up the *heat* on your at-home date? Make sure you have the house to yourself, get close, and watch any of the following DVDs for a sexy night in:

- Loving Sex: Ultimate Sexual Massage - The Art of Sexual Touch
- The Tantric Secrets of Sacred Sex: A Guide to Intimacy and Loving
- Loving Sex: New Erotic Seduction
- The Joy of Erotic Massage
- Sensual Yoga for Couples- Intimacy Spa
- Sensual Massage for Couples- Intimacy Spa
- Intimate Yoga for Couples

All of the above can be purchased through amazon.com. Another perk to some of these DVDs is that they can be used again for another date night, after you have acquired all of the accoutrements mentioned in the video, so you can follow along!

 **Have fun, and stay warm!** 

Dr. Dianna Palimere is a Psychosexual Therapist and Licensed Clinical Social Worker. She has been working in the field of mental health for the past 12 years, dedicating the past eight years to specializing in clinical sexuality. She holds a Bachelors degree in Psychology, a Masters degree in Social Work, a Masters degree in Human Sexuality Education, and a PhD in Clinical Human Sexuality. Utilizing a holistic approach to therapy, she incorporates a variety of clinical interventions in her work with individuals, couples, and families. She is devoted to helping people achieve sexual health and healing through her work as a psychotherapist in her private practice in Pike Creek, DE; as well as in her work with local nonprofit organizations. To learn more about her or to schedule an appointment, visit her website:

www.SexTherapyInDelaware.com or email her directly at: dr.palimere@sextherapyindelaware.com

Join her on **Facebook**, keywords: Sex Therapy in Delaware.