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## **EAT, TALK, and PLAY!**

**For Your Date Night Challenge during August 2014**

**EAT** Take the couples' challenge to Eat, Talk, and Play together! In our busy lives today, all too often we don't make time for the most basic of social functions – eating together! So this October, for Date Night Challenge PDX, why not make the time to sit down together and share a meal for two?? If you can make the time, why not share the preparation – and the clearing up! If you haven't got time to cook, how about a take-away, or a romantic meal at a local restaurant. Take time to savor the sights, smells and flavors of a great meal together.

**TALK** What does your daily communication as a couple consist of? Organizing the family and home, questions about the kids, what needs to go on the shopping list? Or perhaps some of the big decisions of life – whether to move house, what new car to buy, your health or ailments? When was the last time you sat down and just talked about “you” – the challenges of life, what's motivating you, what's dragging you down, how it feels to be you – or perhaps your hopes and dreams for your future together? Make some time this week to sit down together just to “talk”!

**PLAY** When we first fall in love life always seems to be full of fun – but as the years go by, sometimes we forget to play together! This week, why not make some time to do something together you both enjoy. It could be as simple as going for a walk, watching a movie together, or spending an evening in your local pub. Or of course you could do something adventurous – go para-gliding or bungee jumping! Or perhaps, you could just curl up together in front of a fire, and read stories to each other. Still short of ideas – download our guide to creating fun-filled dates at [www.DateNightPDX.org](http://www.DateNightPDX.org). Whatever it is, try and find something you can both take part in, and which will remind you of the fun times in your relationship!