

# Romantic Date Ideas for A Sober Valentine's Day

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## Valentine's Date Ideas

Valentine's Day is upon us, and it's the perfect time for some quiet reflection and connection with people you care about. You don't have to spend a lot of money to give the best you have to give on Valentine's Day, or any holiday. Yes, it can be difficult to maintain solid relationships when facing [drug](#) or [alcohol addiction](#); it is something you must live with day by day. But you can express love for the ones who always have your back — free and easily — as you plan some special memories for both of you. In the cool of a Utah evening, you can make a fun, romantic date for your valentine ... it all starts with a smile!

## Let the Games Begin!

Plan a game night! Whether you prefer word challenges or something a bit more physical, engage your valentine in the game of love. Try:

- **Jenga:** [The Jenga Love Game](#) from Dating Divas requires a little advanced planning. Print off a set of labels that can be attached to the blocks. Labels such as "Foot Massage" and "Love Notes" are attached to the blocks; remove the blocks and win the prize. Get creative and sexy with those romantic notes!
- **Twister:** Tangle up with your loved one on those brightly-colored spots. The laughter is endless!
- **Scrabble:** New Rules: all words must be of a romantic nature.
- **Trivial Pursuit, Monopoly, Taboo, Balderdash** or a host of other board and card games — choose a favorite! No matter what games you play, the fun of interacting with each other will light a sweet, romantic fire.



## Cook S'mores Over a Fire

What a wonderful thing to do on a cold Utah night! If you have a fireplace, some tasty s'mores will be just the thing for a romantic interlude with your valentine. Start the evening with a home-cooked meal (complete with candlelight) and enjoy soft music and some hot chocolate in front of the fireplace. Just talk and enjoy each other's company! If you don't have a fireplace inside, perhaps you can build a fire pit blaze in the backyard. Don't forget the marshmallows!

## Perform Random Acts of Kindness

Valentine dates don't have to be about food, flowers, candy or expensive gifts. Just being together is

enough and what better way to share quality time with your loved one than to accomplish a common goal? Volunteering time (together) at your local animal shelter, with an elderly neighbor, and community organizations allows you to reconnect with each other while helping other people in need. In Utah, check out the [Humane Society](#) and take some shelter dogs for a walk, or visit Kitty City and pet some kittens. You can learn more about volunteering your time at the [Non-Profit Association of Utah](#) .

## **Take a Class Together**

Taking a class together will help you and your significant other learn something new to do, so jump right in! Check out classes on dancing, cooking, pottery, painting or acting. No matter what your interest, the idea is to find something NEW! Activities can allow the creative juices to flow; give way to the “old and boring” to something “new and exciting.” How about rock climbing? In Utah, there is a [new rock climbing gym called The Front](#) in Salt Lake City, where you can take 4 climbing lessons for only \$30. Or you can go bowling, play miniature golf, art gallery hopping, mall-walking or hit the game room. Getting active on Valentine’s Day — and every other day — helps us keep fit and upbeat.

## **Enjoy the Greatest Snow on Earth**

Take your valentine and enjoy the beauty of Utah’s natural commodity; snow. Enjoy skiing or snowboarding at our world-class resorts, go sledding at [Soldier Hollow](#) where you won’t have to walk up the hill, or visit the famous [Ice Castles in Midway](#).

## **Struggling on Valentine’s Day? Pathways Real Life Recovery is On Your Side**

Valentine’s Day is about showing love but it can be very stressful if you feel you cannot meet someone else’s “expectations.” Love is the key, here, not how much money you have or don’t have, or whether you can come up with some creative gimmick. Don’t let yourself be pulled in by the hype of the commercial storm — what matters most is the thought behind the action. If your valentine is more impressed by how much you spend, instead of what you do, then you’ve chosen the wrong person with whom to share your love. Stay within your budget and create something special ... he or she will love whatever you do, especially when it comes from the heart.

Valentine’s Day — any kind of day — can be hard on all of us and sometimes, it’s a funk we cannot pull ourselves out of. When these days happen, [Pathways Real Life Recovery in Tooele](#) , Utah is on your side. We privately and discreetly provide [couples counseling](#) to help you get your life back on track. On Valentine’s Day, and any day, if you’re struggling with addiction, please call us! We are ready, 24/7 and have advisors here to help you through the rough seas of life.