Couples Enhancement Calendar

August 2016						
	1 Kiss in the rain. Not raining? Kiss in the shower!	**2** Write down 2 personal and 2 relationship goals and share them with your partner.	**3** Visit **ART WALK** and enjoy visual and live art in downtown JAX ! www.jacksonvilleartwalk.com	**4** Take a shower with your partner. Give each other a soapy wash.	**5** **Date Night**!! Visit **Rebounderz** for Indoor Trampoline fun! www.rebounderzJacksonville.com 904-300-0070 14985 Old St Augustine Rd Jacksonville, FL 32256	**6** Take a trip! Visit **iFly Orlando**. Make the dream of flight a reality https://www.iflyworld.com/orlando/
7 Have a lazy day! Make no plans. Just enjoy your partner.	**8** Invite another healthy couple over (or out) for dinner together.	**9** Text your partner a love message. Flirt!	**10** Invite a mobile chef over to teach you and your partner a new dinner dish. Try **Funky Chefs** at 904-608-2520 www.funkychefs.com	**11** Play a board game together. Twister is always fun!	**12** **Date Night**!! Attend a painting class with cocktails together. Visit **Wine & Canvas** at 904-445-0051 www.wineandcanvas.com	**13** Pick out clothes you want your partner to wear to bed tonight! Be VERY creative!
14 **Dealer's Choice!** Be creative!	**15** Plan a "**Do it Yourself**" home project. Execute it together	**16** Exercise together! Go skating, jogging, or boxing. Try **Fitness Lab JAX** www.fitnesslabjax.com	**17** Take a dance class!	**18** Play a round or two of hide and seek. Create a "prize" when your partner is found.	**19** **Date Night**!! Go to the movies or have an in-house Netflix movie night!	**20** Go gaming! Try paintballing at **Paintball Adventures** 904-645-7127 www.paintballadventures.com
21 Attend a faith-based service together!!	**22** Do something with your partner that he/she may enjoy, but you may not (Watch basketball, laundry, wash dishes, etc.).	**23** Do something thoughtful for your partner.	**24** Buy or send your spouse flowers today!	**25** Turn off all electronic devices and make a commitment to talk today!!	**26** **Date Night**!! Visit the **San Sebastian Winery** in St. Augustine. . www.sansebastianwinery.com	**27** Try an adventurous activity outdoors with your partner.
28 Reggae Sundays at the **Conch House** in **St. Augustine.** www.conch-house.com/lounge/reggae-sunday	**29** Cuddle and tell your partner why you fell in love with them.	**30** Try indoor racing at the **Autobahn Indoor Speedway.** www.autobahnspeed.com Winner buys Dinner!!	**31** Cook together!! Find a recipe online, get the groceries and get together in the kitchen free of distractions. Bon Appetite!			

Pick 2-3 items per week and give it your **BEST**!

Lifestyle Management Counseling Center
www.lifestylemanagementcounseling.com