

Date Ideas For Seniors

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Seniors today are redefining the way we live life after leaving the workforce. While some seniors may adopt a “been there, done that” attitude towards dating, there are a growing number of active, retiring baby boomers who have a more “go-get-‘em” attitude. If you’re single and looking for a new life companion, or currently have a significant other, you do not need to retire romance and passion.

Whether it’s your first date or your hundredth, we can all agree there are better options out there than dinner and a movie. You may feel like you’ve done all of the cliché romantic activities, but a date should be memorable and therefore original. To help bring this alive, here are a few suggestions:

1. **Explore your hometown.** There are unique tours in your local area and nearby city, which can show you both sides of a place you rarely experience. This can help you both to fall in love with the place you live all over again, and who doesn’t like watching someone fall in love?
2. **Take a couples cooking class.** It’s a fresh way of engaging in conversation and getting to know the person. You can actively participate and share in the same experience, which can really help spice up a first meal together.
3. **Go to a market or a fair.** This activity is best for warm seasons and is unique and fun in it’s own right. You and yours can peruse the aisles littered with an array of fresh produce and handmade treasures. At the fair you can ride the Ferris wheel (permitting no one has a fear of heights) and play midway games, making the time you spend connecting with one another exciting.
4. **Have a picnic.** This may sound overdone, but the trick is to go to the grocery store together beforehand. This ensures you select a menu you’ll both enjoy and also allows you to enjoy your date outdoors (weather permitting). You can even go beyond your local park to the beach or a nearby lake.

When you’re out on your date, the most important thing to remember is to keep an open mind. Feeling nervous is a natural feeling for an adult at any age, especially if you are out of practice, so try to focus on the things you have in common and make having fun the primary goal!