



The CatchList

DATE DAY IN DES MOINES

When it comes to romance, Des Moines is pretty much the Paris of the Midwest. Don't believe us? Why else would Raygun tell us that "Des Moines is French for The Moines?" Is that love in the air? Or just the smell of Steak de Burgo? (Same thing if you ask us.)

Option 1 – Discover Downtown

DISCOVER DOWNTOWN			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Downtown Des Moines Farmers' Market	<ul style="list-style-type: none"> ▶ 25,000 visitors every Saturday morning May – October. ▶ Mandatory selfie in front of RoCA's mural wall holding mandatory bouquet of sunflowers. 	Every Saturday May – September: 7 a.m. to Noon October: 8 a.m. to Noon	<i>Historic Court District, Des Moines</i> dsmpartnership.com/ desmoinesfarmersmarket
East Village Spa	<ul style="list-style-type: none"> ▶ Day spa in the East Village known for massages, facials, and manis/pedis. 	Mon - Thur: 10 a.m. - 8 p.m. Fri: 10 a.m. - 6 p.m. Sat: 9:30 a.m. - 5:30 p.m.	601 E Locust Street, Des Moines evdayspa.com
East Village shops	<ul style="list-style-type: none"> ▶ Explore Sticks and Wanderlust for her and Fontennelle Supply Co. and Marv's Record Shop for him. 	Year-round	eastvillagedesmoines.com/ explore/shop-the-east-village
Lua Brewing	<ul style="list-style-type: none"> ▶ Brewery in Sherman Hill neighborhood knoww for "push pop" beers and innovative food. 	Tue - Thur: 3 - 10 p.m. Fri - Sat: 11 a.m. - 11 p.m. Sun: 11 a.m. - 8 p.m.	1525 High Street, Des Moines luabeer.com
Django	<ul style="list-style-type: none"> ▶ Approachable French bistro across from the Sculpture Park. 	Daily: 4 - 9 p.m.	1420 Locust Street, Des Moines djangodesmoines.com
Hello, Marjorie	<ul style="list-style-type: none"> ▶ Craft cocktails in a dark setting, illuminated by their famous "All the Prettiest Girls in the World Live in Des Moines" neon sign. 	Mon - Thur: 4 p.m. - 12 a.m. Fri - Sat: 4 p.m. - 1 a.m.	717 Locust Street, Des Moines hellomarjorie.com



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Option 2 – Get Artsy

GET ARTSY			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
Des Moines Art Center	<ul style="list-style-type: none"> ▶ World class art museum showcasing artists such as Andy Warhol, Claude Monet, and Georgia O’Keeffe. ▶ Check out the grounds outside for even more beautiful art! 	<p>Tue - Wed: 11 a.m. - 4 p.m. Thur: 11 a.m. - 7 p.m. Fri: 11 a.m. - 4 p.m. Sat - Sun: 10 a.m. - 4 p.m.</p>	<p>4700 Grand Avenue, Des Moines desmoinesartcenter.org</p>
HoQ	<ul style="list-style-type: none"> ▶ Grab farm-to-table lunch with a rotating seasonal menu. 	<p>Refer to website.</p>	<p>303 E 5th Street, Des Moines hoqtable.com</p>
John & Mary Pappajohn Sculpture Park	<ul style="list-style-type: none"> ▶ Take a romantic stroll among the 30+ works of art and get the obligatory photo in front of the Nomade. 	<p>Year-round</p>	<p>Western Gateway Park, 1330 Grand Avenue, Des Moines desmoinesartcenter.org/visit/pappajohn-sculpture-park</p>
Fleur Cinema and Café	<ul style="list-style-type: none"> ▶ Des Moines' premier arthouse theater showing all the buzziest flicks. 	<p>Refer to website for showtimes.</p>	<p>4545 Fleur Drive, Des Moines fleurcinema.com</p>
Mainframe Studios	<ul style="list-style-type: none"> ▶ Largest non-profit art studio building in the nation. ▶ Home to more than 75 artists and galleries with everything from jewelry and clothes to paintings and photography. 	<p>Mon: 8 a.m. - 5 p.m. Tue - Sat: 10 a.m. - 5 p.m.</p>	<p>900 Keosauqua Way, Des Moines mainframestudios.org</p>



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GET ARTSY - CONTINUED

ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
West End Architectural Salvage	<ul style="list-style-type: none"> ▶ Featured on HGTV's <i>West End Salvage</i>. ▶ Four floors of unique art and furniture custom created from NYC, Chicago, and England. 	<p>Mon - Fri: 9 a.m. - 5 p.m. Sat: 9 a.m. - 4 p.m. Sun: Noon - 4 p.m.</p>	<p>22 9th Street, Des Moines westendsalvage.com</p>
Harbinger	<ul style="list-style-type: none"> ▶ One of the top restaurants in town, known for romantic ambience and seven course menus. 	<p>Sun - Thur: 10 a.m. - 8 p.m. Fri - Sat: 10 a.m. - 9 p.m.</p>	<p>2724 Ingersoll Avenue, Des Moines harbingerdsm.com</p>
Proof	<ul style="list-style-type: none"> ▶ Good cocktails, good wine, good food, and good service are the hallmarks of this award-winning eatery. 	<p>Tue - Sat: 5 p.m. - 10 p.m.</p>	<p>1301 Locust Street, Suite C, Des Moines proofdsm.com</p>
Des Moines Civic Center	<ul style="list-style-type: none"> ▶ Premier performing arts center that landed <i>Hamilton</i> and <i>Dear Evan Hansen</i> before much larger cities. 	<p>Refer to website for showtimes.</p>	<p>221 Walnut Street, Des Moines desmoinesperformingarts.org</p>
Des Moines Community Playhouse	<ul style="list-style-type: none"> ▶ Contemporary local theater presenting musicals, classic plays, and a children's series. 	<p>Refer to website for showtimes.</p>	<p>831 42nd Street, Des Moines dmplayhouse.com</p>
Hoyt Sherman Place	<ul style="list-style-type: none"> ▶ Historic concert venue built in 1877 that hosts musical and comedy acts in an elegant, magnificent setting. 	<p>Refer to website for showtimes.</p>	<p>1501 Woodland Avenue, Des Moines hoytsherman.org</p>
Noce	<ul style="list-style-type: none"> ▶ Premiere home for jazz and cabaret in Des Moines hosting national acts. 	<p>Thur - Sat: 7 - 10 p.m.</p>	<p>1326 Walnut Street, Des Moines nocedsm.com</p>



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Option 3 – Game Night

GAME NIGHT			
ACTIVITY:	CATCH THIS:	WHEN TO VISIT:	INFO:
High Trestle Trail	<ul style="list-style-type: none"> ▶ 25 mile of trails winding through five charming small towns, never far from a bite or a brew. ▶ High Trestle Bridge is one of tallest trail bridges in the world with 43 steel cribbings glow blue at night. 	Year-round	trailink.com/trail/high-trestle-trail
Table 128 Bistro and Bar	<ul style="list-style-type: none"> ▶ Comfortable and unpretentious eatery in Clive whose chefs have been invited to cook at the James Beard House in New York City. 	Tue - Fri: 11 a.m. - 1 p.m. 5 - 9 p.m. Sat: 5 - 9 p.m.	12695 University Avenue, Suite #140, Clive table128bistro.com
Ironside Axe Club	<ul style="list-style-type: none"> ▶ Harness your competitive spirit with some good old fashioned axe throwing (and beer drinking). 	Tues: 5 - 10 p.m. Wed: 11 a.m. - 1 p.m., 5 - 10 p.m. Thur: 5 - 10 p.m. Fri: 3 - 10 p.m. Sat: Noon - 10 p.m. Sun: 2 - 7 p.m.	2700 University Avenue, Suite 100, West Des Moines ironsideaxeclub.com
Operating Room	<ul style="list-style-type: none"> ▶ Bar arcade in West Des Moines with pinball, old-school video games, food, and craft cocktail slushies. 	Mon - Fri: 3 p.m. - 1 a.m. Sat - Sun: 11 a.m. - 1 a.m.	5515 Mills Civic Parkway, Suite #130, West Des Moines operatingroomarcade.com
Smash Park	<ul style="list-style-type: none"> ▶ Home to the largest outdoor patio in Iowa with bocce ball, pickleball, cornhole, shuffleboard, and more. ▶ Large screen TVs inside with full menu of elevated bar food and cocktails. 	Mon - Sat: 8 a.m. - 11 p.m. Sun: 8 a.m. - 10 p.m.	6625 Coachlight Drive, West Des Moines smashpark.com



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OTHER DES MOINES DATE IDEAS:

Ice skating at **Brenton Skating Plaza** with skyline views

Wine tasting at **Jasper Winery** or **Summerset Winery**

Sushi downtown at **Miyabi 9** or **Akebono 515**

Tiki drinks at **Bellhop Lounge** or **Revival House**

Cooking class with **Cooking With Alessandra**

Italian dinner in a Victorian mansion at **Aposto**

Drinks with a view of downtown at **Republic on Grand**

Steak de Burgo and red velvet cake at **Simon's**

Night out at the **Des Moines Symphony** or **Des Moines Metro Opera**