

Organised by the National Library Board, the Time of Your Life (TOYL) programme series features informative talks, creative workshops, book clubs and learning communities for those aged 50 and above. With programmes covering a wide range of topics such as Digital, Careers, Sustainability, Arts & Wellness, start your learning journey with us today!

Digital

Are you new to digital literacy or an IT enthusiast keen to explore the latest gadgets and trends? From one-on-one consultations to hands-on workshops to talks, navigate the digital landscape at your own pace through our wide range of digital programmes.



Wellness

Explore wellness from different angles and gain clarity on how to make the best decisions for your mental, physical and financial health. Through expert talks, workshops, curated learning packages, pick up strategies and skills to feel your best from the inside out.

Sustainability

Reconnect with nature and embark on a more eco-friendly lifestyle. Pick up practical skills such as upcycling or gardening; engage in discussions on the latest sustainability initiatives; and understand the role you play in sustaining our environment.



Careers

Stay relevant at your workplace by equipping yourself with professional skills. Give your career a boost by discovering new ways of problem-solving and management. Learn how you can start your own business and take it to new heights.

Arts

Open your senses and embark on your own artistic discovery. From hands-on workshops to arts exchanges and cultural trails, discover your own potential for creativity and see how art can frame your understanding of yourself and the world around you.



[Click here to register for our programmes](#)

Stay updated with our latest programmes and happenings. Sign up for our mailing list [here](#).