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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | Experience the first Christmas in Dr. David Jeremiah and Turning Point Productions' docudrama film, Why the Nativity? A fascinating presentation of biblical history creating an unforgettable journey through the wonders of Christmas! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **453 - Pillars For Our Church And Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 am** |  | **Destination Dessert** | CC |  |  | | From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short – make it sweet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **03:30 pm** |  | **Well Traveller** | CC |  |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS: Hawaii** | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **FBI** (Rpt) | CC | M Strong Violence | **Emotional Rescue** | | The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.  Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena Kim  Guest Starring: Tracy Spiridakos | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Ride Or Die** | | After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Drug References, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Christmas** (Rpt) | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Mature Themes |  | | A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Drug References | **Succession** | | After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Grudge** | | The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's Easy Christmas Countdown** (Rpt) | CC | G | **Jamie's Easy Christmas Countdown** | | Jamie's back again this year to help you get ready for Christmas! Whatever you're planning he has all the tips and tricks you need to take the pressure off and still have a cracking feast. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language, Drug References, Medical Procedures |  | | Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Will it be a love affair when Elaine is paired with fellow single girl Hayley the blue Staffy? Plus, a family have the pick of two dogs, Rusty the Kelpie and Lightning the Australian Terrier cross. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Bull** (Rpt) | CC | M Violence | **To Save A Life** | | An emergency room doctor is sued for malpractice after she ignored direct orders to save one near-death patient in favour of helping another who was also critically injured.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **The Head Of The Goat** | | Bull and Benny mount a difficult federal trial defense for a young mother accused of aiding and abetting her extremist husband in an act of domestic terrorism.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 22nd December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mild Themes |  | | Dr. Phil talks with husband and wife, Ted and Eleni about how to find brightness again in their lives. Plus, Dr. Phil enlists the help of a celebrity wig designer to help alopecia sufferer, Deanna. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie outdoes Christmas Dinner with an epic mixed roast of pork belly, roast chicken and topside of beef plus all the luxurious sides. Dessert is a panettone sticky toffee with caramel sauce drizzle. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Jerk Chicken, Hummus and Rocky Road.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL EVENT** | |  | **07:30 pm** |  | **Jamie's One Pan Christmas** | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Strong Violence, Strong Adult Themes | **Post-Graduate Psychopath** | | One of SVU's most terrifying cases comes back to haunt them when Henry Mesner gets released from juvenile detention after eight years, and the team fear that his behaviour might be a danger to others.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Bill Irwin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **What Can Happen In The Dark** | | Deputy Chief Garland asks Benson to investigate an unusual domestic violence case when his neighbour is found injured and sexual violence could be involved.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Demore Barnes, Kelli Giddish, Jamie Gray Hyder | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **Wolves In Sheep's Clothing** | | While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore Barnes  Guest Starring: Christopher Meloni | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Dr Phil teams up with child behavioral expert Dr Michele Borba to discuss how negative parenting can damage a child's development and add to the youth mental health crisis currently sweeping America. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pork, Drizzle Cake and a Negroni Cocktail.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG Mature Themes, Nudity |  | | Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Georgie Carroll: The Gloves Are Off** (Rpt) | CC | M Coarse Language, Mature Themes | **Georgie Carroll - The Gloves Are Off** | | Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 24th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Red Emperor** | | Guesty teams up with cricketing legend Andrew Symonds, Jack Nolan and James Forster for long run out of Townsville reef fishing with some cracking results. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2252 - It’s The Most Wonderful Time Of The Year, But Why? Part 3** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Tough Tested** (Rpt) | CC | PG |  | | What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **Well Traveller** (Rpt) | CC | PG Mature Themes |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 24th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG Coarse Language |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Jamie: Easy Meals At Christmas** (Rpt) | CC | G |  | | Jamie’s back with delicious festive recipes for Christmas time. Whether you’re cooking for fewer guests or want to rustle up easy edible gifts to share, embrace the holiday season and keep cooking! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | It's Christmas at Bondi and hordes of revellers overwhelm lifeguards. Jake racks up hundreds of rescues on his jet ski and Jackson must run through the packed crowd to rescue a drunk woman in a rip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex’s dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | In the season finale, have Kitty Flanagan, Marty Sheargold, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention? Host Tom Gleisner and special guest quizmaster Gabby Kanizay are about to find out. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Richard Osman, Lin-Manuel Miranda, Chris and Rosie Ramsey & Yola. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **Authentic** |  | PG |  | | Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power** |  | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Sunday 18th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | Experience the first Christmas in Dr. David Jeremiah and Turning Point Productions' docudrama film, Why the Nativity? A fascinating presentation of biblical history creating an unforgettable journey through the wonders of Christmas! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **453 - Pillars For Our Church And Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 am** |  | **Destination Dessert** | CC |  |  | | From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short – make it sweet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **03:30 pm** |  | **Well Traveller** | CC |  |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS: Hawaii** | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **FBI** (Rpt) | CC | M Strong Violence | **Emotional Rescue** | | The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.  Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena Kim  Guest Starring: Tracy Spiridakos | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Ride Or Die** | | After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Monday 19th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Drug References, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Christmas** (Rpt) | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Monday 19th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Mature Themes |  | | A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Drug References | **Succession** | | After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Grudge** | | The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language, Drug References, Medical Procedures |  | | Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Toad In The Hole, Ice Blocks and Steak.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes | **Celebrity Dog House Australia** | | What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Will it be a love affair when Elaine is paired with fellow single girl Hayley the blue Staffy? Plus, a family have the pick of two dogs, Rusty the Kelpie and Lightning the Australian Terrier cross. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Bull** (Rpt) | CC | M Violence | **To Save A Life** | | An emergency room doctor is sued for malpractice after she ignored direct orders to save one near-death patient in favour of helping another who was also critically injured.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **The Head Of The Goat** | | Bull and Benny mount a difficult federal trial defense for a young mother accused of aiding and abetting her extremist husband in an act of domestic terrorism.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mild Themes |  | | Dr. Phil talks with husband and wife, Ted and Eleni about how to find brightness again in their lives. Plus, Dr. Phil enlists the help of a celebrity wig designer to help alopecia sufferer, Deanna. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie outdoes Christmas Dinner with an epic mixed roast of pork belly, roast chicken and topside of beef plus all the luxurious sides. Dessert is a panettone sticky toffee with caramel sauce drizzle. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL EVENT** | |  | **07:30 pm** |  | **Jamie's One Pan Christmas** | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Strong Violence, Strong Adult Themes | **Post-Graduate Psychopath** | | One of SVU's most terrifying cases comes back to haunt them when Henry Mesner gets released from juvenile detention after eight years, and the team fear that his behaviour might be a danger to others.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Bill Irwin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **What Can Happen In The Dark** | | Deputy Chief Garland asks Benson to investigate an unusual domestic violence case when his neighbour is found injured and sexual violence could be involved.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Demore Barnes, Kelli Giddish, Jamie Gray Hyder | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **Wolves In Sheep's Clothing** | | While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore Barnes  Guest Starring: Christopher Meloni | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pork, Drizzle Cake and a Negroni Cocktail.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 23rd December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG Mature Themes, Nudity |  | | Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Georgie Carroll: The Gloves Are Off** (Rpt) | CC | M Coarse Language, Mature Themes | **Georgie Carroll - The Gloves Are Off** | | Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 23rd December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 24th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Red Emperor** | | Guesty teams up with cricketing legend Andrew Symonds, Jack Nolan and James Forster for long run out of Townsville reef fishing with some cracking results. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2252 - It’s The Most Wonderful Time Of The Year, But Why? Part 3** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Tough Tested** (Rpt) | CC | PG |  | | What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **Well Traveller** (Rpt) | CC | PG Mature Themes |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 24th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG Coarse Language |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Jamie: Easy Meals At Christmas** (Rpt) | CC | G |  | | Jamie’s back with delicious festive recipes for Christmas time. Whether you’re cooking for fewer guests or want to rustle up easy edible gifts to share, embrace the holiday season and keep cooking! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | It's Christmas at Bondi and hordes of revellers overwhelm lifeguards. Jake racks up hundreds of rescues on his jet ski and Jackson must run through the packed crowd to rescue a drunk woman in a rip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex’s dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | In the season finale, have Kitty Flanagan, Marty Sheargold, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention? Host Tom Gleisner and special guest quizmaster Gabby Kanizay are about to find out. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Richard Osman, Lin-Manuel Miranda, Chris and Rosie Ramsey & Yola. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **Authentic** |  | PG |  | | Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power** |  | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 18th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | Experience the first Christmas in Dr. David Jeremiah and Turning Point Productions' docudrama film, Why the Nativity? A fascinating presentation of biblical history creating an unforgettable journey through the wonders of Christmas! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **453 - Pillars For Our Church And Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 am** |  | **Destination Dessert** | CC |  |  | | From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short – make it sweet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 18th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **03:30 pm** |  | **Well Traveller** | CC |  |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS: Hawaii** | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **FBI** (Rpt) | CC | M Strong Violence | **Emotional Rescue** | | The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.  Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena Kim  Guest Starring: Tracy Spiridakos | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Ride Or Die** | | After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Drug References, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Christmas** (Rpt) | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Mature Themes |  | | A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Drug References | **Succession** | | After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Grudge** | | The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language, Drug References, Medical Procedures |  | | Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **Higher Education** | | NCIS investigates the death of a college student who was killed while running across the street and had connections to McGee's wife, Delilah.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **NCIS** (Rpt) | CC | M Violence | **All Or Nothing** | | NCIS investigates the unexpected death of a Navy reservist who was an investigative journalist. Also, Knight and Jimmy's budding romance is put on hold when a vital organ transfer goes fatally wrong.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M Violence | **Birds Of A Feather** | | When Agent Parker is framed for murder, the team puts their jobs and lives on the line to buy time and uncover the truth.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **NCIS: Hawaii Encore** (Rpt) | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:30 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Bethany is terrified of all pregnant women and can’t even look at one without having a panic attack! Then, Victoria can’t travel, go to a party, or eat at restaurants because she’s scared of gluten! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie gets our festive mouths watering with Bramble cocktails, scrumptious garlic bread, stunning beef Bourguignon with chestnut and bacon sprinkle and a Christmassy Winter bombe ice-cream dessert.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Will it be a love affair when Elaine is paired with fellow single girl Hayley the blue Staffy? Plus, a family have the pick of two dogs, Rusty the Kelpie and Lightning the Australian Terrier cross. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Bull** (Rpt) | CC | M Violence | **To Save A Life** | | An emergency room doctor is sued for malpractice after she ignored direct orders to save one near-death patient in favour of helping another who was also critically injured.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **The Head Of The Goat** | | Bull and Benny mount a difficult federal trial defense for a young mother accused of aiding and abetting her extremist husband in an act of domestic terrorism.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mild Themes |  | | Dr. Phil talks with husband and wife, Ted and Eleni about how to find brightness again in their lives. Plus, Dr. Phil enlists the help of a celebrity wig designer to help alopecia sufferer, Deanna. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie outdoes Christmas Dinner with an epic mixed roast of pork belly, roast chicken and topside of beef plus all the luxurious sides. Dessert is a panettone sticky toffee with caramel sauce drizzle. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL EVENT** | |  | **07:30 pm** |  | **Jamie's One Pan Christmas** | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Strong Violence, Strong Adult Themes | **Post-Graduate Psychopath** | | One of SVU's most terrifying cases comes back to haunt them when Henry Mesner gets released from juvenile detention after eight years, and the team fear that his behaviour might be a danger to others.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Bill Irwin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **What Can Happen In The Dark** | | Deputy Chief Garland asks Benson to investigate an unusual domestic violence case when his neighbour is found injured and sexual violence could be involved.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Demore Barnes, Kelli Giddish, Jamie Gray Hyder | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **Wolves In Sheep's Clothing** | | While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore Barnes  Guest Starring: Christopher Meloni | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Dr Phil teams up with child behavioral expert Dr Michele Borba to discuss how negative parenting can damage a child's development and add to the youth mental health crisis currently sweeping America. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pork, Drizzle Cake and a Negroni Cocktail.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG Mature Themes, Nudity |  | | Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Georgie Carroll: The Gloves Are Off** (Rpt) | CC | M Coarse Language, Mature Themes | **Georgie Carroll - The Gloves Are Off** | | Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Red Emperor** | | Guesty teams up with cricketing legend Andrew Symonds, Jack Nolan and James Forster for long run out of Townsville reef fishing with some cracking results. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2252 - It’s The Most Wonderful Time Of The Year, But Why? Part 3** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Tough Tested** (Rpt) | CC | PG |  | | What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **Well Traveller** (Rpt) | CC | PG Mature Themes |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG Coarse Language |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Jamie: Easy Meals At Christmas** (Rpt) | CC | G |  | | Jamie’s back with delicious festive recipes for Christmas time. Whether you’re cooking for fewer guests or want to rustle up easy edible gifts to share, embrace the holiday season and keep cooking! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | It's Christmas at Bondi and hordes of revellers overwhelm lifeguards. Jake racks up hundreds of rescues on his jet ski and Jackson must run through the packed crowd to rescue a drunk woman in a rip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex’s dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | In the season finale, have Kitty Flanagan, Marty Sheargold, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention? Host Tom Gleisner and special guest quizmaster Gabby Kanizay are about to find out. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Richard Osman, Lin-Manuel Miranda, Chris and Rosie Ramsey & Yola. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **Authentic** |  | PG |  | | Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power** |  | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Sunday 18th December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | Experience the first Christmas in Dr. David Jeremiah and Turning Point Productions' docudrama film, Why the Nativity? A fascinating presentation of biblical history creating an unforgettable journey through the wonders of Christmas! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **453 - Pillars For Our Church And Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 am** |  | **Destination Dessert** | CC |  |  | | From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short – make it sweet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **03:30 pm** |  | **Well Traveller** | CC |  |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS: Hawaii** | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **FBI** (Rpt) | CC | M Strong Violence | **Emotional Rescue** | | The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.  Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena Kim  Guest Starring: Tracy Spiridakos | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Ride Or Die** | | After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Drug References, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Christmas** (Rpt) | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Mature Themes |  | | A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Drug References | **Succession** | | After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Grudge** | | The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's Easy Christmas Countdown** (Rpt) | CC | G | **Jamie's Easy Christmas Countdown** | | Jamie's back again this year to help you get ready for Christmas! Whatever you're planning he has all the tips and tricks you need to take the pressure off and still have a cracking feast. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language, Drug References, Medical Procedures |  | | Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Toad In The Hole, Ice Blocks and Steak.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes | **Celebrity Dog House Australia** | | What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Will it be a love affair when Elaine is paired with fellow single girl Hayley the blue Staffy? Plus, a family have the pick of two dogs, Rusty the Kelpie and Lightning the Australian Terrier cross. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Bull** (Rpt) | CC | M Violence | **To Save A Life** | | An emergency room doctor is sued for malpractice after she ignored direct orders to save one near-death patient in favour of helping another who was also critically injured.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **The Head Of The Goat** | | Bull and Benny mount a difficult federal trial defense for a young mother accused of aiding and abetting her extremist husband in an act of domestic terrorism.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mild Themes |  | | Dr. Phil talks with husband and wife, Ted and Eleni about how to find brightness again in their lives. Plus, Dr. Phil enlists the help of a celebrity wig designer to help alopecia sufferer, Deanna. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie outdoes Christmas Dinner with an epic mixed roast of pork belly, roast chicken and topside of beef plus all the luxurious sides. Dessert is a panettone sticky toffee with caramel sauce drizzle. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Jerk Chicken, Hummus and Rocky Road.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL EVENT** | |  | **07:30 pm** |  | **Jamie's One Pan Christmas** | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Strong Violence, Strong Adult Themes | **Post-Graduate Psychopath** | | One of SVU's most terrifying cases comes back to haunt them when Henry Mesner gets released from juvenile detention after eight years, and the team fear that his behaviour might be a danger to others.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Bill Irwin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **What Can Happen In The Dark** | | Deputy Chief Garland asks Benson to investigate an unusual domestic violence case when his neighbour is found injured and sexual violence could be involved.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Demore Barnes, Kelli Giddish, Jamie Gray Hyder | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **Wolves In Sheep's Clothing** | | While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore Barnes  Guest Starring: Christopher Meloni | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Dr Phil teams up with child behavioral expert Dr Michele Borba to discuss how negative parenting can damage a child's development and add to the youth mental health crisis currently sweeping America. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pork, Drizzle Cake and a Negroni Cocktail.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG Mature Themes, Nudity |  | | Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Georgie Carroll: The Gloves Are Off** (Rpt) | CC | M Coarse Language, Mature Themes | **Georgie Carroll - The Gloves Are Off** | | Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Red Emperor** | | Guesty teams up with cricketing legend Andrew Symonds, Jack Nolan and James Forster for long run out of Townsville reef fishing with some cracking results. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2252 - It’s The Most Wonderful Time Of The Year, But Why? Part 3** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Tough Tested** (Rpt) | CC | PG |  | | What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **Well Traveller** (Rpt) | CC | PG Mature Themes |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG Coarse Language |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Jamie: Easy Meals At Christmas** (Rpt) | CC | G |  | | Jamie’s back with delicious festive recipes for Christmas time. Whether you’re cooking for fewer guests or want to rustle up easy edible gifts to share, embrace the holiday season and keep cooking! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | It's Christmas at Bondi and hordes of revellers overwhelm lifeguards. Jake racks up hundreds of rescues on his jet ski and Jackson must run through the packed crowd to rescue a drunk woman in a rip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex’s dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | In the season finale, have Kitty Flanagan, Marty Sheargold, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention? Host Tom Gleisner and special guest quizmaster Gabby Kanizay are about to find out. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Richard Osman, Lin-Manuel Miranda, Chris and Rosie Ramsey & Yola. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | Experience the first Christmas in Dr. David Jeremiah and Turning Point Productions' docudrama film, Why the Nativity? A fascinating presentation of biblical history creating an unforgettable journey through the wonders of Christmas! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **453 - Pillars For Our Church And Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 am** |  | **Destination Dessert** | CC |  |  | | From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short – make it sweet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **03:30 pm** |  | **Well Traveller** | CC |  |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS: Hawaii** | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **FBI** (Rpt) | CC | M Strong Violence | **Emotional Rescue** | | The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.  Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena Kim  Guest Starring: Tracy Spiridakos | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Ride Or Die** | | After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Drug References, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Christmas** (Rpt) | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Mature Themes |  | | A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Ghosts** | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Drug References | **Succession** | | After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Grudge** | | The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's Easy Christmas Countdown** (Rpt) | CC | G | **Jamie's Easy Christmas Countdown** | | Jamie's back again this year to help you get ready for Christmas! Whatever you're planning he has all the tips and tricks you need to take the pressure off and still have a cracking feast. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language, Drug References, Medical Procedures |  | | Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **Higher Education** | | NCIS investigates the death of a college student who was killed while running across the street and had connections to McGee's wife, Delilah.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **NCIS** (Rpt) | CC | M Violence | **All Or Nothing** | | NCIS investigates the unexpected death of a Navy reservist who was an investigative journalist. Also, Knight and Jimmy's budding romance is put on hold when a vital organ transfer goes fatally wrong.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M Violence | **Birds Of A Feather** | | When Agent Parker is framed for murder, the team puts their jobs and lives on the line to buy time and uncover the truth.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **NCIS: Hawaii Encore** (Rpt) | CC |  | **Desperate Measures** | | When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:30 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Bethany is terrified of all pregnant women and can’t even look at one without having a panic attack! Then, Victoria can’t travel, go to a party, or eat at restaurants because she’s scared of gluten! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie gets our festive mouths watering with Bramble cocktails, scrumptious garlic bread, stunning beef Bourguignon with chestnut and bacon sprinkle and a Christmassy Winter bombe ice-cream dessert.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Toad In The Hole, Ice Blocks and Steak.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes | **Celebrity Dog House Australia** | | What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Will it be a love affair when Elaine is paired with fellow single girl Hayley the blue Staffy? Plus, a family have the pick of two dogs, Rusty the Kelpie and Lightning the Australian Terrier cross. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Bull** (Rpt) | CC | M Violence | **To Save A Life** | | An emergency room doctor is sued for malpractice after she ignored direct orders to save one near-death patient in favour of helping another who was also critically injured.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **The Head Of The Goat** | | Bull and Benny mount a difficult federal trial defense for a young mother accused of aiding and abetting her extremist husband in an act of domestic terrorism.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mild Themes |  | | Dr. Phil talks with husband and wife, Ted and Eleni about how to find brightness again in their lives. Plus, Dr. Phil enlists the help of a celebrity wig designer to help alopecia sufferer, Deanna. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie: Together At Christmas** (Rpt) | CC | G | **Jamie: Together At Christmas** | | Jamie outdoes Christmas Dinner with an epic mixed roast of pork belly, roast chicken and topside of beef plus all the luxurious sides. Dessert is a panettone sticky toffee with caramel sauce drizzle. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL EVENT** | |  | **07:30 pm** |  | **Jamie's One Pan Christmas** | CC | G | **Jamie's ONE-Pan Christmas** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Strong Violence, Strong Adult Themes | **Post-Graduate Psychopath** | | One of SVU's most terrifying cases comes back to haunt them when Henry Mesner gets released from juvenile detention after eight years, and the team fear that his behaviour might be a danger to others.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Bill Irwin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **What Can Happen In The Dark** | | Deputy Chief Garland asks Benson to investigate an unusual domestic violence case when his neighbour is found injured and sexual violence could be involved.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Demore Barnes, Kelli Giddish, Jamie Gray Hyder | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **Wolves In Sheep's Clothing** | | While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore Barnes  Guest Starring: Christopher Meloni | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Friday 23rd December 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  | | Get ready for the day with the latest news from the 10 News First: Breakfast team. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Dr Phil teams up with child behavioral expert Dr Michele Borba to discuss how negative parenting can damage a child's development and add to the youth mental health crisis currently sweeping America. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Jamie's One-Pan Wonders** (Rpt) | CC | G |  | | Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **Christmas With Australian Women's Weekly** (Rpt) | CC |  | **Christmas With Australian Women's Weekly** | | Be inspired this Christmas by Sarah Harris, The Weekly team and some famous friends as they share fabulous fashion, travel and styling ideas, clever up-cycled decorations and mouth-watering recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC |  |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC |  |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Jamie's Easy Meals For Every Day** (Rpt) | CC | G |  | | Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pork, Drizzle Cake and a Negroni Cocktail.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG Mature Themes, Nudity |  | | Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Georgie Carroll: The Gloves Are Off** (Rpt) | CC | M Coarse Language, Mature Themes | **Georgie Carroll - The Gloves Are Off** | | Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Red Emperor** | | Guesty teams up with cricketing legend Andrew Symonds, Jack Nolan and James Forster for long run out of Townsville reef fishing with some cracking results. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2252 - It’s The Most Wonderful Time Of The Year, But Why? Part 3** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Tough Tested** (Rpt) | CC | PG |  | | What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **Well Traveller** (Rpt) | CC | PG Mature Themes |  | | Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia’s favourite holiday destinations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG Coarse Language |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Jamie: Easy Meals At Christmas** (Rpt) | CC | G |  | | Jamie’s back with delicious festive recipes for Christmas time. Whether you’re cooking for fewer guests or want to rustle up easy edible gifts to share, embrace the holiday season and keep cooking! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | It's Christmas at Bondi and hordes of revellers overwhelm lifeguards. Jake racks up hundreds of rescues on his jet ski and Jackson must run through the packed crowd to rescue a drunk woman in a rip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Dog House Australia** (Rpt) | CC | PG Mild Themes |  | | Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex’s dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | In the season finale, have Kitty Flanagan, Marty Sheargold, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention? Host Tom Gleisner and special guest quizmaster Gabby Kanizay are about to find out. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Richard Osman, Lin-Manuel Miranda, Chris and Rosie Ramsey & Yola. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with famous guests including Stanley Tucci, Dame Joan Collins, Jamie Oliver, Romesh Ranganathan and Joy Crookes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part ONE** | | Jay's sister, Bela, visits Woodstone Mansion for Christmas and brings along an adoring male friend, inspiring Sam to spark a romance between them in the spirit of the holiday rom-coms she loves.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **Ghosts Encore** (Rpt) | CC |  | **The Christmas Spirit Part Two** | | The ghosts have conjured up a very different holiday plan for Trevor and Bela. Meanwhile, Isaac has an awkward encounter with Nigel that forces him to look back on events in his life.  Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **The Savoy At Christmas** (Rpt) | CC | PG Coarse Language |  | | Nowhere beats The Savoy at Christmas. Staff prepare for their most profitable time of the year, before 400 guests flood the hotel to ring in the New Year with riverside views of the midnight fireworks  Starring: Gordon Ramsay | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **Authentic** |  | PG |  | | Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power** |  | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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