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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly celebration of Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Key Of David** | CC | PG Mature Themes |  | | The Key of David covers today's most important events with a unique perspective. Not only does the program tell you what's happening to our society and our world, it tells you why. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **508 - See His Love And Receive His Power** | | Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church iin Singapore, which has a congregation of more than 31,000 attendees. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 am** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Buy To Build** (Rpt) | CC | G |  | | Each episode, Walt Collins helps house hunters explore the country's latest display homes and land developments to find the perfect home to suit their needs. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 pm** |  | **Healthy Homes** (Rpt) | CC | G |  | | Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Cook With Luke** (Rpt) | CC | G |  | | Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Armed with all-new rigs, Australia’s favourite adventurers, Jase and Simon, along with their good mate Jesse, set out to tackle a remote track in the Kimberley. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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 |  | | In a frenzied mass rescue, lifeguards search for a student who didn't make it back to the beach. Bagus and Hoppo witness an assault on a woman. Harrison makes a young fan cry - for the right reasons. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **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** |  | **Gladiators** | CC | PG Stylised Violence |  | | Tonight, four contenders face drama in Powerball, Duel, Pyramid, The Wall, and The Eliminator. Viking returns, and Comet makes an explosive debut, only two will advance to the quarter finals. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:50 pm** |  | **NCIS: Hawaii** (Rpt) | CC | M Violence | **Pilot** | | An experimental Naval aircraft crashes on Oahu, and it's up to Special Agent Jane Tennant and her NCS: Pearl Harbour team to find who is behind it before classified state secrets are exposed!  Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:40 pm** |  | **NCIS: Hawaii** (Rpt) | CC | M Violence | **Boom** | | Tennant and her NCIS unit must take down a notorious team of international thieves using WWII explosives on armored trucks before they complete their final big job and disappear.  Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:40 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Steffy worries that she made the wrong decision. Finn and Bridget present an option that puts Ridge in an untenable position. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Food Trail: South Africa** (Rpt) | CC | G | **Cape Town Spice** | | Warren has dedicated the entire episode to diving into a specific style of South African cooking known as 'Cape Malay'. he'll eat amazing, spiced lamb and will be cooking a comforting chicken curry. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:20 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | New arrival, Chelsea, attempts to hide her secret agenda. Karl questions the impulsiveness of Melanie's decision. Haz makes the ultimate sacrifice. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | As Eric lies unconscious and unable to breathe on his own, Steffy, Ridge, Brooke, Finn, and Bridget discuss his wishes and lovingly recall lovely memories with their family patriarch. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Gladiators** | CC | PG Stylised Violence |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:50 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence, Mature Themes | **Transaction** | | The team must navigate the mistrust of authorities in a tight-knit Somali community in Minnesota as they race to find a kidnapped 14-year-old girl.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:50 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Violence | **Wanted: America** | | A star triathlete is found brutally murdered, and while the FBI pursue one of her teammates, Remy teams up with a true crime show producer and old flame who wants to film the increasingly bizarre case  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes  Guest Starring: Mike Pniewski | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:50 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **11:50 pm** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | As Eric lies unconscious and unable to breathe on his own, Steffy, Ridge, Brooke, Finn, and Bridget discuss his wishes and lovingly recall lovely memories with their family patriarch. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | New arrival, Chelsea, attempts to hide her secret agenda. Karl questions the impulsiveness of Melanie's decision. Haz makes the ultimate sacrifice. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 am** |  | **Food Trail: South Africa** (Rpt) | CC | G | **Wine Country** | | Warren is in the Franschhoek Valley, exploring the endless bounty of Boschendal Wine Estate. After a ride on a tram through the vineyards he dives into a tasting and cooks some decadent lamb shanks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:20 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Food Trail: South Africa** (Rpt) | CC | G | **Hidden Hermanus** | | Warren deepens his love of wine by venturing to Newton Johnson, the 'wine farm with a view', and drink their most popular drops matched with food pairings from their restaurant. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:20 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | Nicolette comes under threat. Paul makes a strategic move against Krista. Mackenzie comes to the rescue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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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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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 25th January 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Sexual References, Mature Themes |  | | Steffy warns Hope not to toy with Thomas, reminding her of the consequences. Finn assures a worried Ridge that he is happy with Eric's progress. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | Nicolette comes under threat. Paul makes a strategic move against Krista. Mackenzie comes to the rescue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G | **Coff Coast** | | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Food Trail: South Africa** (Rpt) | CC | G | **Paternoster By The Sea** | | Warren is heading into the picturesque town of Paternoster, with a local fisherman to haul a few of South Africa's famous crayfish to make a rich bisque and pasta dish with their sweet meat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:15 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | Melanie finds herself in a precarious situation. The sharehouse embraces a new chapter. Aaron and David consider what's next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Finn stands up for Steffy to a defiant Thomas. Xander is shocked to learn that his new doctor has a connection to the Forrester family. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog Hospital With Graeme Hall** | CC |  |  | | Tonight, on The Dog Hospital, Willow, the two-year-old Labrador has been rushed to the hospital because a severe infection has taken hold in her chest, leaving her struggling to breathe. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MA15+ Mature Themes | **Dutch Tears** | | A recently released convict goes looking for his arresting officer, Fin Tutuola, leading Carisi to take a calculated risk when he tries to get an arrest warrant without a positive suspect ID.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Kevin Kane | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Blue Bloods** (Rpt) | CC | M Mature Themes | **Lost Ones** | | Danny and Baez's investigation into the death of a chess hustler is complicated by interference from the victim's son. Jamie tries to make amends with a man he regrets putting away as a young officer.  Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Marisa Ramirez, Len Cariou | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Finn stands up for Steffy to a defiant Thomas. Xander is shocked to learn that his new doctor has a connection to the Forrester family. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | Melanie finds herself in a precarious situation. The sharehouse embraces a new chapter. Aaron and David consider what's next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G | **Newcastle** | | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Food Trail: South Africa** (Rpt) | CC | G | **Beyond Blyde Canyon** | | As the final stanza in Warren's Food Trail of South Africa, he'll take a chopper ride over the largest canyon in Africa, whip up a biltong quiche and create a hearty vegetable soup. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Sexual References, Coarse Language, 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 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** | |  | **04:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Hope is caught off guard when Thomas proposes. Xander recounts a story about Thomas to Finn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the 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 |  |  | | Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with guests Paul Mescal, Andrew Scott, Kingsley Ben-Adir, Da'vine Joy Randolph and a performance byThe Last Dinner Party. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Dogs Behaving (Very) Badly Australia** (Rpt) | CC | PG Mild Violence, Mild Coarse Language |  | | Dog whisperer Graeme Hall meets an Aussie cattle dog with a rather unusual quirk, and a Maltese Shih Tzu with the jitters. Plus, Survivor star "King George" Mladenov puts Graeme's training to the test | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Fire Country** (Rpt) | CC | M Violence, Drug References | **Where There’s Smoke…** | | When the crew responds to a call in a remote forest on Mayhem Mountain, they come under fire by an outlaw protecting his illegal marijuana crops.  Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **So Help Me Todd** (Rpt) | CC | PG Mature Themes | **Second Second Chance** | | When Todd reunites with a childhood friend with a chequered past, he convinces Margaret to represent him in a minor legal case.  Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 26th January 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 27th January 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2403 Whose Disciple?: Part 03** | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Reel Action** (Rpt) | CC | G |  | | Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **iFish** (Rpt) | CC | G |  | | Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **10 Minute Kitchen** (Rpt) | CC | G |  | | The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Australia By Design: Innovations** (Rpt) | CC | PG |  | | Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:30 am** |  | **Healthy Homes** (Rpt) | CC | G |  | | Home, garden, lifestyle or build - Walt Collins and Dani Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 am** |  | **The Chef's Garden** (Rpt) | CC | G |  | | Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and of course there's plenty of mouthwatering recipes along the way. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **All 4 Adventure** (Rpt) | CC | PG Coarse Language |  | | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 pm** |  | **Exploring Off The Grid** (Rpt) | CC | G |  | | True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Wildlife Rescue Australia** (Rpt) | CC | PG Medical Procedures | **Sophia The Flying Fox** | | Dr Bree and the team check out a 5 week old Flying Fox with a sore wing. A Green Sea Turtle has had a run in with a boat propellor and a Python has injured himself stealing a chicken for dinner. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **My Market Kitchen** | CC | PG Mild Coarse Language |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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 |  | | Kite surfers make the most of the wild conditions when the biggest storm of the season hits Bondi. Chappo and Jack race to help a man with agonising chest pains, and Harries confronts a body surfer. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON FINALE** | |  | **06:30 pm** |  | **Jamie's 5 Ingredient Mediterranean** (Rpt) | CC | G |  | | Jamie's got a speedy, tasty twist on your Sunday roast that keeps it all in one pan; and puts store-cupboard essentials centre stage in two fabulous family meals that are made in minutes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance UK** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Crewmates Dec and Nicole are urgently dispatched to a baby who has stopped breathing, and they also attend to a 12-year-old patient with a history of being bullied. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **Ambulance UK** (Rpt) | CC | M Coarse Language, Strong Adult Themes |  | | Crews attend the scene when a 100 year-old woman falls down the stairs, a young lad takes a painful tumble from a horse, and a man gets trapped under a collapsed mobile home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 pm** |  | **NCIS: Los Angeles** (Rpt) | CC | M Violence | **In The Name Of Honour** | | The NCIS team must quickly find Kensi and Fatima after they are kidnapped and drugged while searching for a missing Navy lieutenant who they learn has ties to a dangerous Islamic militia.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** |  | **Authentic** | CC | PG |  | | You CAN live forever-lessons from Frankenstein. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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