



SYDNEY PROGRAM GUIDE

Sunday 17th March 2024

06:00 am The Middle (Rpt)	PG	<p><u>Back To Summer</u></p> <p>With only three days left until summer vacation, Frankie is ecstatic that she's made it through another school year with the family.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
06:30 am The Middle (Rpt)	PG	<p><u>Forced Family Fun: Part 1</u></p> <p>When Mike proposes a camping trip for a family summer vacation, all Frankie can think about is the disastrous camping trip they had for their honeymoon.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
07:00 am The Middle (Rpt)	PG	<p><u>Forced Family Fun: Part 2</u></p> <p>While Frankie recalls more bad memories from her camping trip honeymoon, Sue continues to get on Axl's nerves with constant questions about high school.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
07:30 am The Middle (Rpt)	PG	<p><u>Bad Choices</u></p> <p>The Hecks consider moving into an apartment, Axl plots to miss a test at school but still go to a party, Sue and Brad prepare a skit for school, and Brick begins quoting Shakespeare.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
08:00 am The Middle (Rpt)	PG	<p><u>Halloween II</u></p> <p>Mike convinces Sue to update her wardrobe, but he is scared by what he sees. Meanwhile, Frankie takes Brick's social group to trick or treat.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
08:30 am The Middle (Rpt)	PG	<p><u>Heck's Best Thing</u></p> <p>In the aftermath of a visit to Axl from a college football recruiter, Frankie decides to try harder for her family.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>



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SPECIAL ENCORE PRESENTATION

09:00 am	Australian Survivor (Rpt)	CC	
10:00 am	The Big Bang Theory (Rpt)	PG	<p><u>The Bon Voyage Reaction</u></p> <p>Penny is thrown for a loop when Leonard is offered a job overseas, but the news is an even bigger shock to Sheldon. Raj and Lucy's relationship comes to a cross-road.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg</p>
10:30 am	The Big Bang Theory (Rpt)	PG Sexual References	<p><u>The Hofstadter Insufficiency</u></p> <p>Sheldon and Penny bond over missing Leonard. Howard tries to help Raj get over his breakup with Lucy. Amy and Bernadette take a trip together to a biology convention.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
11:00 am	The Big Bang Theory (Rpt)	PG	<p><u>The Deception Verification</u></p> <p>Sheldon feels betrayed when Leonard returns from the North Sea and wants to spend his time with Penny instead of him. Howard's latest foray into helping his mother has some disastrous side effects.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
11:30 am	The Big Bang Theory (Rpt)	PG	<p><u>The Scavenger Vortex</u></p> <p>The gang get competitive when they are forced to take part in Raj's scavenger hunt.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
12:00 pm	The Big Bang Theory (Rpt)	PG	<p><u>The Workplace Proximity</u></p> <p>After a fight with Bernadette, Howard ends up on Raj's couch. Sheldon and Amy clash when Amy takes a job at the university.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>



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12:30 pm Ready Steady Cook Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

01:30 pm The Middle (Rpt) PG

The Play

Frankie and Sue decide to act together in a play, but Frankie refuses to quit after Sue is removed. Meanwhile, Uncle Rusty tries to make up to Brick for missing the special school lunch.

Starring: Patricia Heaton, Neil Flynn

02:00 pm The Middle (Rpt) PG

Thanksgiving III

Frankie's parents, Pat and Tag, invite the Hecks to spend a few days at their house to celebrate Thanksgiving together.

Starring: Patricia Heaton, Neil Flynn

02:30 pm So Help Me Todd (Rpt) CC PG
Drug References

Let The Write ONE In

Margaret joins an elite philanthropy club and must represent a former employee accused of using the club to smuggle drugs. Todd goes undercover as a waiter to get information to help Margaret's case.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

03:30 pm So Help Me Todd (Rpt) CC PG
Mature Themes

So Help Me Pod

Margaret enlists the help of popular true crime podcaster Lea Luna to help exonerate a client who is serving a life sentence, and Todd seeks dating advice when sparks fly between him and Lea.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

04:30 pm Deal Or No Deal (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.



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SPECIAL ENCORE PRESENTATION

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06:00 pm The Big Bang Theory (Rpt) CC PG

The Cooper Extraction

While Sheldon is at home in Texas, the rest of the gang decorate for Christmas and think about how much he has affected their lives.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

06:30 pm The Big Bang Theory (Rpt) PG
Sexual References

The Hesitation Ramification

After Leonard tries to help Penny following a failed role on a TV show, she makes an important decision. Meanwhile, Raj and Stuart try to practice their social skills.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

07:00 pm The Big Bang Theory (Rpt) PG

The Occupation Recalibration

Sheldon tries to relax after he is forced to take a vacation. Leonard struggles to be supportive of Penny after she quits her job and Amy receives un-wanted attention from a co-worker.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

07:30 pm The Big Bang Theory (Rpt) PG
Sexual References

The Convention Conundrum

When the guys can't get hold of any Comic-Con tickets, Sheldon tries to hold his own convention and ends up spending a wild night with James Earl Jones.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: James Earl Jones, Carrie Fisher



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Sunday 17th March 2024

08:00 pm The Big Bang Theory (Rpt)	PG Sexual References	<u>The Locomotive Manipulation</u> Sheldon and Amy take a train ride to Napa Valley with Howard and Bernadette on Valentine's Day. Leonard and Penny take Raj's dog to the vet when she accidentally eats some chocolate. Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar
08:30 pm Two And A Half Men (Rpt)	PG Sexual References, Mild Coarse Language	<u>The 'ocu' Or The 'pado'?</u> When Charlie swears his love to Chelsea, her response is nothing like what he'd expected.
09:00 pm Two And A Half Men (Rpt)	PG Sexual References	<u>My Son's Enormous Head</u> Charlie fights the overwhelming urge to flee when Chelsea gets sick and he is forced to take care of her.
09:30 pm Two And A Half Men (Rpt)	M Sexual References	<u>The Two Finger Rule</u> Chelsea finds pictures of a naked woman on Charlie's phone.
10:00 pm South Park (Rpt)	MA15+ Coarse Language, Mature Themes	<u>The Poor Kid</u> After Kenny's parents are arrested and he and his siblings are sent to a foster home, Eric searches for who is the new poor kid in South Park and the results are shocking. Starring: Trey Parker, Matt Stone
10:30 pm South Park (Rpt)	M Sexual References, Drug References	<u>Asspen</u> The kids and their families take a vacation together in Aspen. However, the parents get stuck in an endless timeshare presentation, and Stan is forced into a showdown with a cocky skier. Starring: Trey Parker, Matt Stone
11:00 pm South Park (Rpt)	M Sexual References, Coarse Language, Mature Themes	<u>Freak Strike</u> When the boys learn that talk shows offer prizes to people who are grossly disfigured, they sign Butters up as a guest on a popular afternoon talk show that features people with weird deformities. Starring: Trey Parker, Matt Stone



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11:30 pm South Park (Rpt)

M
Violence,
Mature Themes

Fun With Veal

Stan leads the boys in kidnapping all the baby cows from a local ranch after a first hand look at how veal is made turns him into a vegetarian.

Starring: Trey Parker, Matt Stone

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

02:30 am Two And A Half Men (Rpt)

M
Sexual References,
Mature Themes

Hello, I Am Alan Cousteau

Evelyn finally meets Charlie and Chelsea.

03:00 am Two And A Half Men (Rpt)

M

Above Exalted Cyclops

Chelsea sets Alan up on a blind date with Rose.

03:30 am Just For Laughs Montreal (Rpt)

M
Sexual References,
Coarse Language

All Access: Trevor Noah

Starring: Trevor Noah, Mark Forward, Katherine Ryan, Hasan Minhaj, Neal Brennan

04:30 am Home Shopping (Rpt)

Home Shopping

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06:00 am The Big Bang Theory (Rpt)

PG
Sexual References

The Romance Resonance

Howard plans something special to celebrate the anniversary of his first date with Bernadette. Sheldon is conflicted when he makes a huge scientific breakthrough but some details have to be corrected.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

06:30 am The Big Bang Theory (Rpt)

PG
Sexual References

The Proton Displacement

Sheldon seeks payback when Arthur "Professor Proton" Jeffries asks Leonard for help on a project instead of him. Raj gets upset at Howard for crashing his night with the girls.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Bill Nye, Bob Newhart

07:00 am The Big Bang Theory (Rpt)

PG
Sexual References

The Itchy Brain Simulation

Sheldon demands Leonard make up for a mistake from their past. Penny confronts Raj's ex-girlfriend, Lucy.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

07:30 am The Big Bang Theory (Rpt)

PG

The Thanksgiving Decoupling

The gang spend Thanksgiving at Mrs. Wolowitz's house. Howard tries to bond with his father-in-law, and a mistake from Penny's past comes back to haunt her.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

08:00 am The Big Bang Theory (Rpt)

PG

The Discovery Dissipation

Leonard has to deal with the fallout of disproving Sheldon's new scientific discovery. Raj spends a week at Howard and Bernadette's apartment.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Wil Wheaton

08:30 am The Big Bang Theory (Rpt)

CC PG

The Cooper Extraction

While Sheldon is at home in Texas, the rest of the gang decorate for Christmas and think about how much he has affected their lives.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar



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09:30 am The Big Bang Theory (Rpt)	PG	<p><u>The Occupation Recalibration</u></p> <p>Sheldon tries to relax after he is forced to take a vacation. Leonard struggles to be supportive of Penny after she quits her job and Amy receives un-wanted attention from a co-worker.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
10:00 am The Big Bang Theory (Rpt)	PG Sexual References	<p><u>The Convention Conundrum</u></p> <p>When the guys can't get hold of any Comic-Con tickets, Sheldon tries to hold his own convention and ends up spending a wild night with James Earl Jones.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p> <p>Guest Starring: James Earl Jones, Carrie Fisher</p>
10:30 am The Middle (Rpt)	PG	<p><u>Christmas Gift, A</u></p> <p>Mike tries to surprise Frankie with a dishwasher on Christmas Day, Sue tries to get Reverend TimTom to help Brick, who is struggling with believing the Bible.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
11:00 am The Middle (Rpt)	PG	<p><u>Year Of The Hecks</u></p> <p>Frankie randomly assigns New Year's resolutions to each family member, but chaos ensues when everyone tries to live up to her expectations.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>
11:30 am The Middle (Rpt)	PG	<p><u>The Map</u></p> <p>After attending Aunt Ginny's funeral, Frankie begins to fear that the family is missing out on important life milestones and vows to begin celebrating all of them.</p> <p>Starring: Patricia Heaton, Neil Flynn</p>



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12:00 pm Ready Steady Cook Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

01:00 pm Charmed (Rpt)

PG
Violence,
Supernatural
Themes

Be Kind. Rewind.

An alarming event triggers a drastic change in the magical universe. Only The Charmed Ones can save the world where humankind and magical beings co-exist.. but they'll risk their lives in the process.

Starring: Melonie Diaz, Sarah Jeffery, Lucy Barrett, Rupert Evans, Jordan Donica

02:00 pm Charmed (Rpt)

PG
Violence,
Supernatural
Themes

The End Is Never The End

The powerful dark force known as the Lost One will be the ultimate test of the newly discovered sisterhood's strength, forcing them to rekindle their connection..or face the downfall of magic itself.

Starring: Melonie Diaz, Sarah Jeffery, Lucy Barrett, Rupert Evans, Jordan Donica

03:00 pm The King Of Queens (Rpt)

PG
Sexual References

Surprise Artie

Doug must keep an eye on Arthur while Carrie organises his 75th birthday surprise party. However, when Doug loses Arthur, Carrie must find him.

Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt

03:30 pm The King Of Queens (Rpt)

PG

Wild Cards

Doug loses a lot of money when he and Deacon go to Atlantic City to gamble.

Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt

04:00 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.



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04:30 pm Becker (Rpt)

CC PG
WS

Trials And Defibrillations

John's attorney refuses to let him take the stand in his trial, fearing that he won't be able to keep a lid on his anger.

Starring: Ted Danson, Terry Farrell, Hattie Winston

Guest Starring: Mariel Hemingway, Kenneth Mars, Marvin Kaplan

05:00 pm Becker (Rpt)

CC PG
WS

Psycho Therapy

Becker is compelled to see a court appointed psychiatrist who takes his complaints to heart.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Rhea Pearlman

05:30 pm Frasier (Rpt)

PG

The Show Must Go Off

Niles and Frasier see one of their favourite actors at a Sci-Fi convention and decide to hire him for a play they are producing.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Derek Jacobi, Patrick Macnee

06:00 pm Frasier (Rpt)

PG

Sliding Frasier's

Two different scenarios of Frasier's Valentine's Day unfold: in the first he meets a beautiful artist; in the second he stays home alone.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Charlotte Ross

06:30 pm Neighbours (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Krista feels empowered following her string of wins. Felix makes an admission to his brother. Paul paves his path back to Leo.

07:00 pm The Big Bang Theory (Rpt)

PG

The Table Polarization

Leonard's purchase of a dining room table causes Sheldon to re-evaluate the changes in his life. Meanwhile, Howard is offered a chance to go back to space.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar



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07:30 pm The Big Bang Theory (Rpt)	PG Sexual References, Mild Coarse Language	<p><u>The Friendship Turbulence</u></p> <p>After arguing with Sheldon, Howard tries to make amends by taking him to NASA headquarters in Houston. Penny has second thoughts about quitting her waitressing job when her car dies.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
08:00 pm The Big Bang Theory (Rpt)	M Sexual References	<p><u>The Mommy Observation</u></p> <p>When Sheldon visits his mother in Houston, he is forced to confront a new reality. Back in Pasadena, the rest of the gang reluctantly take part in Raj's Murder Mystery party.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
08:30 pm Two And A Half Men (Rpt)	M Sexual References	<p><u>Laxative Tester, Horse Inseminator</u></p> <p>Alan takes a job working for Evelyn. Meanwhile, Charlie must mend Chelsea and Jake's rocky relationship.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:00 pm Two And A Half Men (Rpt)	M Sexual References	<p><u>For The Sake Of The Child</u></p> <p>After they embarrass him in public, Jake refuses to stay with Charlie and Alan.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:30 pm Two And A Half Men (Rpt)	PG Sexual References	<p><u>Give Me Your Thumb</u></p> <p>Alan suggests that Chelsea get breast-reduction surgery, and Charlie kicks him out.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
10:00 pm Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>The Set Up</u></p> <p>Russell wants to date Timmy's sister. Meanwhile, Jeff and Audrey set their neighbour Liz up on a date.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>



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10:30 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Beating The System</u></p> <p>Timmy takes on the responsibility of wedding planner for Adam and Jennifer. Jeff and Audrey learn their surrogate is pregnant.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
11:00 pm	Frasier (Rpt)	PG	<p><u>The Show Must Go Off</u></p> <p>Niles and Frasier see one of their favourite actors at a Sci-Fi convention and decide to hire him for a play they are producing.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Derek Jacobi, Patrick Macnee</p>
11:30 pm	Frasier (Rpt)	PG	<p><u>Sliding Frasier's</u></p> <p>Two different scenarios of Frasier's Valentine's Day unfold: in the first he meets a beautiful artist; in the second he stays home alone.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Charlotte Ross</p>
12:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	The Late Show With Stephen Colbert (Rpt)	CC PG	<p>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.</p>
02:30 am	Two And A Half Men (Rpt)	M Sexual References	<p><u>Sir Lancelot's Litter Box</u></p> <p>Alan finds there is not much room for him left in the house when Charlie reluctantly lets Chelsea move in.</p>
03:00 am	Two And A Half Men (Rpt)	PG Sexual References, Mature Themes	<p><u>Good Morning Mrs. Butterworth</u></p> <p>When Chelsea and Alan become best friends, Charlie tries to take advantage of the situation.</p>



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03:30 am The Bold And The Beautiful (Rpt) CC PG

Thomas suffers the consequences when Justin vows vengeance against Dollar Bill. Meanwhile, Eric unleashes his anger at Quinn for her betrayal.

04:00 am The Bold And The Beautiful (Rpt) CC PG

Paris admits to a heartbroken Zoe the truth about Carter's affair with Quinn. Meanwhile, Justin attempts to quell Hope's suspicions when she finds a clue about Thomas.

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

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(Rpt)

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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WS

Trials And Defibrillations

John's attorney refuses to let him take the stand in his trial, fearing that he won't be able to keep a lid on his anger.

Starring: Ted Danson, Terry Farrell, Hattie Winston

Guest Starring: Mariel Hemingway, Kenneth Mars, Marvin Kaplan

07:30 am Becker (Rpt) CC PG
WS

Psycho Therapy

Becker is compelled to see a court appointed psychiatrist who takes his complaints to heart.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Rhea Pearlman

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Drug References

Let The Write ONE In

Margaret joins an elite philanthropy club and must represent a former employee accused of using the club to smuggle drugs. Todd goes undercover as a waiter to get information to help Margaret's case.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

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Sexual References

Surprise Artie

Doug must keep an eye on Arthur while Carrie organises his 75th birthday surprise party. However, when Doug loses Arthur, Carrie must find him.

Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt

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11:30 am Becker (Rpt)	CC PG WS	<p><u>Psycho Therapy</u></p> <p>Becker is compelled to see a court appointed psychiatrist who takes his complaints to heart.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p> <p>Guest Starring: Rhea Pearlman</p>
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01:00 pm The King Of Queens (Rpt)	PG Sexual References	<p><u>Surprise Artie</u></p> <p>Doug must keep an eye on Arthur while Carrie organises his 75th birthday surprise party. However, when Doug loses Arthur, Carrie must find him.</p> <p>Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt</p>
01:30 pm The King Of Queens (Rpt)	PG	<p><u>Wild Cards</u></p> <p>Doug loses a lot of money when he and Deacon go to Atlantic City to gamble.</p> <p>Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt</p>
02:00 pm The Big Bang Theory (Rpt)	PG Sexual References	<p><u>The Locomotive Manipulation</u></p> <p>Sheldon and Amy take a train ride to Napa Valley with Howard and Bernadette on Valentine's Day. Leonard and Penny take Raj's dog to the vet when she accidentally eats some chocolate.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
02:30 pm The Big Bang Theory (Rpt)	M Sexual References	<p><u>The Explosion Implosion</u></p> <p>Howard and Bernadette are disappointed when they find out the sex of the baby. Leonard is annoyed when his mother befriends Penny.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
03:00 pm Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>The Set Up</u></p> <p>Russell wants to date Timmy's sister. Meanwhile, Jeff and Audrey set their neighbour Liz up on a date.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
03:30 pm Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Beating The System</u></p> <p>Timmy takes on the responsibility of wedding planner for Adam and Jennifer. Jeff and Audrey learn their surrogate is pregnant.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2024

04:00 pm Good Chef Bad Chef (Rpt)	CC	Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
04:30 pm Becker (Rpt)	CC PG WS	<p><u>Breakfast Of Chumpions</u></p> <p>Stressed out from quitting cigarettes and some parking problems, Becker attends a pancake breakfast for kids. Meanwhile, Reggie worries about her lack of luck.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p>
05:00 pm Becker (Rpt)	CC PG WS	<p><u>Jake's Jaunte</u></p> <p>Jake gets married on a whim, leaving Becker and company to deal with gifts and the couple's constant bickering.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p> <p>Guest Starring: Lindsay Price</p>
05:30 pm Frasier (Rpt)	PG	<p><u>Hungry Heart</u></p> <p>Frasier intercedes to save station manager Kenny's marriage. Meanwhile, Daphne decides to get help for her weight problem.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Illeana Douglas</p>
06:00 pm Frasier (Rpt)	PG	<p><u>Hooping Cranes</u></p> <p>Frasier, Niles and Martin go to a Supersonics game, where Niles gets to make a half-court shot during halftime.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p>
06:30 pm Neighbours (Rpt)	CC PG Mature Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p>Feeling threatened, Chelsea doubles down on her plans. Mackenzie makes a grand gesture. Toadie scrambles to make amends.</p>



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2024

07:00 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Indecision Amalgamation

Raj is wracked with guilt when he tries to date Lucy & Emily at the same time. Penny wrestles with whether to take a role in a cheesy movie & Sheldon is torn trying to choose between 2 gaming systems.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Wil Wheaton

07:30 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Relationship Diremption

Penny tries to help Sheldon when he reconsiders his "relationship" with String Theory. During a dinner with Howard and Bernadette, Raj discovers Howard once embarrassed himself on a date with Emily.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Stephen Hawking

08:00 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Anything Can Happen Recurrence

When Sheldon tries to be spontaneous, it leads to unexpected friction between the girls. Meanwhile, Raj seeks Howard's help in preparing for a date with Emily.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

08:30 pm Two And A Half Men (Rpt)

PG
Sexual References,
Mature Themes

Untainted By Filth

Charlie and Alan wake up together in bed with a strange woman. Meanwhile, Jake and Chelsea have a conversation about Charlie's past flings.

Starring: Charlie Sheen, Jon Cryer

09:00 pm Two And A Half Men (Rpt)

M
Sexual References

Gorp. Fnark. SchmeGLE.

Chelsea invites her beautiful college roommate to stay at the house while she gets over a bad breakup. Charlie struggles to resist his temptations toward Gail.

Starring: Charlie Sheen, Jon Cryer

09:30 pm Two And A Half Men (Rpt)

M
Sexual References

Captain Terry's Spray-On Hair

Charlie is crushed when he discovers he hasn't been satisfying Chelsea. Meanwhile, Alan attempts to cure his thinning hair cheaply that proves to be a disaster.

Starring: Charlie Sheen, Jon Cryer



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2024

10:00 pm	Rules Of Engagement (Rpt)	CC PG Sexual References, Mature Themes	<p><u>The Jeff Photo</u></p> <p>When an old photo of Jeff appears in an art gallery, he decides it's time to make some changes in his life. Meanwhile, Russell can't seem to get out of his dating slump.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
10:30 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Double Down</u></p> <p>Jeff and Audrey are in for a surprise when they are told they might be having twins. Russell in his latest scheme to date a girl decides to throw a party for Timmy who recently became a citizen.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
11:00 pm	Frasier (Rpt)	PG	<p><u>Hungry Heart</u></p> <p>Frasier intercedes to save station manager Kenny's marriage. Meanwhile, Daphne decides to get help for her weight problem.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Illeana Douglas</p>
11:30 pm	Frasier (Rpt)	PG	<p><u>Hooping Cranes</u></p> <p>Frasier, Niles and Martin go to a Supersonics game, where Niles gets to make a half-court shot during halftime.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p>
12:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	The Late Show With Stephen Colbert (Rpt)	CC PG	<p>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.</p>



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2024

02:30 am	Just For Laughs Australia (Rpt)	MA15+ Sexual References	<u>Tommy Little, Daniel Townes, Justin Hamilton, Margaret Cho</u> Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.
03:00 am	Just For Laughs Australia (Rpt)	MA15+ Sexual References	<u>Tommy Little, Rhys Darby, Sam Campbell, Joel Creasey</u> Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.
03:30 am	The Bold And The Beautiful (Rpt)	CC PG	A frustrated Wyatt questions Justin's legal plan to free Bill and Liam. Meanwhile, Secretly following Justin, Hope is shocked when he leads her to a captive Thomas.
04:00 am	The Bold And The Beautiful (Rpt)	CC PG	Justin feels pressure when Ridge demands information about Thomas's whereabouts. Meanwhile, Hope struggles to free Thomas before Justin returns.
04:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

06:00 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

07:00 am Becker (Rpt) CC PG
WS

Breakfast Of Chumpions

Stressed out from quitting cigarettes and some parking problems, Becker attends a pancake breakfast for kids. Meanwhile, Reggie worries about her lack of luck.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

07:30 am Becker (Rpt) CC PG
WS

Jake's Jaunte

Jake gets married on a whim, leaving Becker and company to deal with gifts and the couple's constant bickering.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Lindsay Price

08:00 am Dr Phil (Rpt) CC PG

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.

09:00 am The Middle (Rpt) PG

Hecking IT Up

The Hecks help themselves to the Donahues' new car while they are away at the Super Bowl, and Sue decides to tell her new boyfriend that she loves him.

Starring: Patricia Heaton, Neil Flynn

09:30 am The Middle (Rpt) PG

The Concert

Frankie helps Sue get tickets to a Justin Bieber concert, Brick is too embarrassed to go to school after losing a spelling bee, and Axl tries to break the speed limit on foot.

Starring: Patricia Heaton, Neil Flynn



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

10:00 am	Rules Of Engagement (Rpt)	CC PG Sexual References, Mature Themes	<p><u>The Jeff Photo</u></p> <p>When an old photo of Jeff appears in an art gallery, he decides it's time to make some changes in his life. Meanwhile, Russell can't seem to get out of his dating slump.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
10:30 am	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Double Down</u></p> <p>Jeff and Audrey are in for a surprise when they are told they might be having twins. Russell in his latest scheme to date a girl decides to throw a party for Timmy who recently became a citizen.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
11:00 am	Becker (Rpt)	CC PG WS	<p><u>Breakfast Of Chumpions</u></p> <p>Stressed out from quitting cigarettes and some parking problems, Becker attends a pancake breakfast for kids. Meanwhile, Reggie worries about her lack of luck.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p>
11:30 am	Becker (Rpt)	CC PG WS	<p><u>Jake's Jaunte</u></p> <p>Jake gets married on a whim, leaving Becker and company to deal with gifts and the couple's constant bickering.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p> <p>Guest Starring: Lindsay Price</p>
12:00 pm	Frasier (Rpt)	PG	<p><u>Hungry Heart</u></p> <p>Frasier intercedes to save station manager Kenny's marriage. Meanwhile, Daphne decides to get help for her weight problem.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Illeana Douglas</p>
12:30 pm	Frasier (Rpt)	PG	<p><u>Hooping Cranes</u></p> <p>Frasier, Niles and Martin go to a Supersonics game, where Niles gets to make a half-court shot during halftime.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p>



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

01:00 pm NBL Slam

Nbl Slam

Take a look back at the best highlights and storylines of the week's NBL action.

01:30 pm The Big Bang Theory (Rpt)

M
Sexual References

The Explosion Implosion

Howard and Bernadette are disappointed when they find out the sex of the baby. Leonard is annoyed when his mother befriends Penny.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

02:00 pm So Help Me Todd (Rpt)

CC PG
Mature Themes

So Help Me Pod

Margaret enlists the help of popular true crime podcaster Lea Luna to help exonerate a client who is serving a life sentence, and Todd seeks dating advice when sparks fly between him and Lea.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

03:00 pm Rules Of Engagement (Rpt)

CC PG
Sexual References,
Mature Themes

The Jeff Photo

When an old photo of Jeff appears in an art gallery, he decides it's time to make some changes in his life. Meanwhile, Russell can't seem to get out of his dating slump.

Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich

03:30 pm Rules Of Engagement (Rpt)

CC PG
Sexual References

Double Down

Jeff and Audrey are in for a surprise when they are told they might be having twins. Russell in his latest scheme to date a girl decides to throw a party for Timmy who recently became a citizen.

Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich

04:00 pm Good Chef Bad Chef (Rpt)

CC

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm Becker (Rpt)

CC PG
WS

Dog Days

A homeless man hustles cash from the gang at the diner. Meanwhile, Margaret takes on a second job as a dog sitter.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

05:00 pm Becker (Rpt)

CC PG
WS

Really Good Advice

Becker gets too much information from too many sources on how to deal with women. Meanwhile, Jake and Bob switch jobs.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

05:30 pm Frasier (Rpt)

PG

Docu Drama

Roz and Frasier can't handle their reversal of roles when Roz hires Frasier to narrate a space documentary she's producing.

Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: John Glenn

06:00 pm Frasier (Rpt)

PG

IT Takes Two To Tangle

Frasier and Niles look for a wealthy patron to donate money to their closing prep school. When Martin begins to date a rich socialite, the brothers believe their dilemma is solved.

Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Barbara Babcock, John Michael Higgins

06:30 pm Neighbours (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Toadie is at a crossroads. Haz is the target of a terrible attack. The neighbours band together for a good cause.

07:00 pm The Big Bang Theory (Rpt)

PG

The Proton Transmogrification

As the gang celebrate Star Wars Day, Sheldon has difficulty dealing with the recent death of Arthur "Professor Proton" Jeffries.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Bob Newhart

07:30 pm The Big Bang Theory (Rpt)

PG

The Gorilla Dissolution

Penny gets fired from her movie and takes a serious look at her life. Raj sees Emily on a date with another man at the movies. Howard and Bernadette take care of his mother after she breaks her leg.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Wil Wheaton



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

08:00 pm	The Big Bang Theory (Rpt)	PG Sexual References	<p><u>The Status Quo Combustion</u></p> <p>Sheldon gets upset about his career, the destruction of the comic book store & Leonard & Penny's future living arrangements. Howard & Bernadette struggle to keep hold of a caregiver for Mrs. Wolowitz.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
08:30 pm	Two And A Half Men (Rpt)	M	<p><u>That's Why They Call IT 'ball Room'</u></p> <p>Charlie and Chelsea get into an argument about dancing at the wedding so they end up going to dance lessons together.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:00 pm	Two And A Half Men (Rpt)	PG Sexual References, Coarse Language	<p><u>Warning, It's Dirty</u></p> <p>Charlie coaches Jake on the art of infidelity while his girlfriend is away for Christmas. Evelyn brings ailing TV personality, Marty Pepper, to Charlie's Christmas gathering.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:30 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>Fart Jokes, Pie And Celeste</u></p> <p>Jake pens romantic songs to woo his ex-girlfriend. Charlie suggests that he try apologising in person. Herb and Alan hide their secret friendship from Judith's watchful eyes.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
10:00 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>The Power Couple</u></p> <p>Jeff doesn't like the idea that Audrey is making almost the same amount of money as he does. Meanwhile, Russell enlists Timmy to find out what Liz sees in another man.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
10:30 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Last Of The Red Hat Lovers</u></p> <p>Russell books a cruise that he thinks is filled with "red hot" ladies but instead it's filled with ladies from the Red Hat society. Meanwhile Timmy tries to settle an argument.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

11:00 pm	Frasier (Rpt)	PG	<p><u>Docu Drama</u></p> <p>Roz and Frasier can't handle their reversal of roles when Roz hires Frasier to narrate a space documentary she's producing.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: John Glenn</p>
11:30 pm	Frasier (Rpt)	PG	<p><u>IT Takes Two To Tangle</u></p> <p>Frasier and Niles look for a wealthy patron to donate money to their closing prep school. When Martin begins to date a rich socialite, the brothers believe their dilemma is solved.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Barbara Babcock, John Michael Higgins</p>
12:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	The Late Show With Stephen Colbert (Rpt)	CC PG	<p>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.</p>
02:30 am	Just For Laughs Australia (Rpt)	MA15+ Sexual References	<p><u>Tommy Little, Ryan Belleville, Becky Lucas, Doug Anthony All Stars</u></p> <p>Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.</p>
03:00 am	Just For Laughs Australia (Rpt)	M Coarse Language	<p><u>Tommy Little, Luke Heggie, Dilruk Jayasinha, Charlie Pickering</u></p> <p>Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.</p>



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2024

03:30 am The Bold And The Beautiful (Rpt) CC PG

Hope is stunned when Thomas informs her that Liam is innocent in Vinny's death. Meanwhile, Lt. Baker notifies a devastated Liam that he's being transferred to a permanent prison.

04:00 am The Bold And The Beautiful (Rpt) CC PG

Eric is shocked and angered by Quinn and Carter's betrayal. Meanwhile, Hope races against the clock to free Liam!

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

06:00 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

07:00 am Becker (Rpt) CC PG
WS

Dog Days

A homeless man hustles cash from the gang at the diner. Meanwhile, Margaret takes on a second job as a dog sitter.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

07:30 am Becker (Rpt) CC PG
WS

Really Good Advice

Becker gets too much information from too many sources on how to deal with women. Meanwhile, Jake and Bob switch jobs.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

08:00 am Dr Phil (Rpt) CC PG

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.

09:00 am The Middle (Rpt) PG

The Sit Down

Frankie and Mike decide to stop nagging and punishing the kids and let them begin taking responsibility for themselves.

Starring: Patricia Heaton, Neil Flynn

09:30 am The Middle (Rpt) PG

Leap Year

Sue anxiously awaits a Leap Day surprise birthday party that isn't coming, Brick tries to save the social skills group after a girl joins it, and Mike is saddened after a cat he took care of, dies.

Starring: Patricia Heaton, Neil Flynn



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

10:00 am Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>The Power Couple</u></p> <p>Jeff doesn't like the idea that Audrey is making almost the same amount of money as he does. Meanwhile, Russell enlists Timmy to find out what Liz sees in another man.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
10:30 am Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Last Of The Red Hat Lovers</u></p> <p>Russell books a cruise that he thinks is filled with "red hot" ladies but instead it's filled with ladies from the Red Hat society. Meanwhile Timmy tries to settle an argument.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
11:00 am Becker (Rpt)	CC PG WS	<p><u>Dog Days</u></p> <p>A homeless man hustles cash from the gang at the diner. Meanwhile, Margaret takes on a second job as a dog sitter.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p>
11:30 am Becker (Rpt)	CC PG WS	<p><u>Really Good Advice</u></p> <p>Becker gets too much information from too many sources on how to deal with women. Meanwhile, Jake and Bob switch jobs.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p>
12:00 pm Frasier (Rpt)	PG	<p><u>Docu Drama</u></p> <p>Roz and Frasier can't handle their reversal of roles when Roz hires Frasier to narrate a space documentary she's producing.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: John Glenn</p>
12:30 pm Frasier (Rpt)	PG	<p><u>IT Takes Two To Tangle</u></p> <p>Frasier and Niles look for a wealthy patron to donate money to their closing prep school. When Martin begins to date a rich socialite, the brothers believe their dilemma is solved.</p> <p>Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Barbara Babcock, John Michael Higgins</p>



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

01:00 pm	The Big Bang Theory (Rpt)	PG	<p><u>The Table Polarization</u></p> <p>Leonard's purchase of a dining room table causes Sheldon to re-evaluate the changes in his life. Meanwhile, Howard is offered a chance to go back to space.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
01:30 pm	The Big Bang Theory (Rpt)	PG Sexual References, Mild Coarse Language	<p><u>The Friendship Turbulence</u></p> <p>After arguing with Sheldon, Howard tries to make amends by taking him to NASA headquarters in Houston. Penny has second thoughts about quitting her waitressing job when her car dies.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
02:00 pm	Two And A Half Men (Rpt)	PG Sexual References	<p><u>Baseball Was Better With Steroids</u></p> <p>When Charlie finds out that Mia is back in town, he begins to question his relationship with Chelsea. Meanwhile, Judith is rushed to the hospital.</p>
02:30 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>818-Jklpuzo</u></p> <p>Charlie must decide between his fiancée, Chelsea, and his former girlfriend, Mia.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
03:00 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>The Power Couple</u></p> <p>Jeff doesn't like the idea that Audrey is making almost the same amount of money as he does. Meanwhile, Russell enlists Timmy to find out what Liz sees in another man.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>
03:30 pm	Rules Of Engagement (Rpt)	CC PG Sexual References	<p><u>Last Of The Red Hat Lovers</u></p> <p>Russell books a cruise that he thinks is filled with "red hot" ladies but instead it's filled with ladies from the Red Hat society. Meanwhile Timmy tries to settle an argument.</p> <p>Starring: David Spade, Patrick Warburton, Oliver Hudson, Megyn Price, Bianca Kajlich</p>



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

04:00 pm Good Chef Bad Chef (Rpt)

CC

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm Becker (Rpt)

CC PG
WS

Get Me Out Of Here

After injuring his shoulder, Becker takes pills to help himself through a 45-minute procedure. Meanwhile, Linda wants to date a set of twins.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

05:00 pm Becker (Rpt)

CC PG
WS

Hanging With Jake

Jake encounters a depressed man who is about to hang himself, so he takes him back to the diner to cheer him up; John learns that a patient's wife is pregnant by another man.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Dave Foley

05:30 pm Frasier (Rpt)

PG

Forgotten But Not Gone

When Frasier lands a segment on Gil's gastronomic show, a war of the wines rages between him and Niles as Niles takes over presidential duties of their wine club.

Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Martha Coolidge, Charles Cioffi

06:00 pm Frasier (Rpt)

PG

Daphne Returns

Daphne returns with a surprising explanation for her recent weight gain. Meanwhile, Roz writes a children's book based on a story her mother used to tell her.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

06:30 pm Neighbours (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Felix is backed into a corner. Haz hides a terrible truth. Melanie walks into an awkward situation.



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

07:00 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Locomotion Interruption

Sheldon's trip comes to an end when he is robbed, Penny interviews for a job at Bernadette's company, and Howard is weirded out by his mother's relationship with Stuart.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco

07:30 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Junior Professor Solution

Sheldon is forced to teach a class as a Junior Professor. Meanwhile, Amy plays both sides when tension arises between Penny and Bernadette.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco

Guest Starring: Regina King

08:00 pm The Big Bang Theory (Rpt)

PG

The First Pitch Insufficiency

Howard becomes nervous after NASA asks him to throw out the first pitch at a Los Angeles Angels game. Meanwhile, Leonard and Penny try to prove Sheldon wrong.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco

08:30 pm Two And A Half Men (Rpt)

PG
Sexual References,
Coarse Language,
Mature Themes

Yay, No Polyps!

Charlie undergoes a colonoscopy to avoid a trip to see Chelsea's bigoted parents, but he finds them in his living room when he returns home.

Starring: Charlie Sheen, Jon Cryer

09:00 pm Two And A Half Men (Rpt)

PG
Sexual References,
Coarse Language

Crude And Uncalled For

Alan ends up in jail after a fight in a bar. Charlie worries that Chelsea might be interested in the lawyer who takes the case.

Starring: Charlie Sheen, Jon Cryer

09:30 pm Two And A Half Men (Rpt)

PG
Mild Coarse
Language

Aye, Aye, Captain Douche

Charlie's jealousy threatens his relationship with Chelsea. Evelyn comforts Charlie, but adds that most people throw up on their own babies, rather than on the babies of other people.

Starring: Charlie Sheen, Jon Cryer



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

10:00 pm **Two And A Half Men** (Rpt)

M
Sexual References

Whipped Unto The Third Generation

Charlie's house is taken over by women when Chelsea convinces him to let Alan's girlfriend move in.

Starring: Charlie Sheen, Jon Cryer

10:30 pm **Two And A Half Men** (Rpt)

M
Sexual References

Mmm, Fish. Yum.

Alan cares for Judith's baby and her tipsy mother. Meanwhile, Jake uses an incriminating picture to blackmail Charlie.

Starring: Charlie Sheen, Jon Cryer

11:00 pm **Frasier** (Rpt)

PG

Forgotten But Not Gone

When Frasier lands a segment on Gil's gastronomic show, a war of the wines rages between him and Niles as Niles takes over presidential duties of their wine club.

Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Martha Coolidge, Charles Cioffi

11:30 pm **Frasier** (Rpt)

PG

Daphne Returns

Daphne returns with a surprising explanation for her recent weight gain. Meanwhile, Roz writes a children's book based on a story her mother used to tell her.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

12:00 am **Home Shopping** (Rpt)

Home Shopping

12:30 am **Home Shopping** (Rpt)

Home Shopping

01:00 am **Home Shopping** (Rpt)

Home Shopping

01:30 am **The Late Show With Stephen Colbert** CC PG
(Rpt)

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.



SYDNEY PROGRAM GUIDE

Thursday 21st March 2024

02:30 am	Just For Laughs Australia (Rpt)	M Sexual References, Coarse Language	<u>Tommy Little, Guy Montgomery, Glenn Wool, Judith Lucy</u> Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.
03:00 am	Just For Laughs Australia (Rpt)	M Sexual References, Coarse Language	<u>Tommy Little, Lehmo, Hannah Gadsby, Dave Thornton</u> Hosted by Aussie favourite Tommy Little, Just For Laughs Australia returns with more stand-up comedy gold from around the globe, Recorded live from the Sydney Opera House.
03:30 am	The Bold And The Beautiful (Rpt)	CC PG	Liam and Hope are joyfully reunited. Meanwhile, Eric makes a stunning and unexpected demand of Carter.
04:00 am	The Bold And The Beautiful (Rpt)	CC PG	Liam learns that Thomas is his hero. Meanwhile, Bill and Justin blow up over Justin's failed attempt at a hostile takeover.
04:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

06:00 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

07:00 am Becker (Rpt) CC PG
WS

Get Me Out Of Here

After injuring his shoulder, Becker takes pills to help himself through a 45-minute procedure. Meanwhile, Linda wants to date a set of twins.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

07:30 am Becker (Rpt) CC PG
WS

Hanging With Jake

Jake encounters a depressed man who is about to hang himself, so he takes him back to the diner to cheer him up; John learns that a patient's wife is pregnant by another man.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Dave Foley

08:00 am NBL Slam (Rpt)

Nbl Slam

Take a look back at the best highlights and storylines of the week's NBL action.

08:30 am The Middle (Rpt) PG

Adult Swim

Mike wants to get rid of the swimming pool and Brick and Sue try to convince him to keep it even though they are no longer interested in using it. Frankie tries to teach Axl about responsibility.

Starring: Patricia Heaton, Neil Flynn

09:00 am So Help Me Todd (Rpt) CC PG
Drug References

Let The Write ONE In

Margaret joins an elite philanthropy club and must represent a former employee accused of using the club to smuggle drugs. Todd goes undercover as a waiter to get information to help Margaret's case.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

10:00 am So Help Me Todd (Rpt) CC PG
Mature Themes

So Help Me Pod

Margaret enlists the help of popular true crime podcaster Lea Luna to help exonerate a client who is serving a life sentence, and Todd seeks dating advice when sparks fly between him and Lea.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

11:00 am Becker (Rpt)

CC PG
WS

Get Me Out Of Here

After injuring his shoulder, Becker takes pills to help himself through a 45-minute procedure. Meanwhile, Linda wants to date a set of twins.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

11:30 am Becker (Rpt)

CC PG
WS

Hanging With Jake

Jake encounters a depressed man who is about to hang himself, so he takes him back to the diner to cheer him up; John learns that a patient's wife is pregnant by another man.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Dave Foley

12:00 pm Frasier (Rpt)

PG

Forgotten But Not Gone

When Frasier lands a segment on Gil's gastronomic show, a war of the wines rages between him and Niles as Niles takes over presidential duties of their wine club.

Starring: Kelsey Grammer, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Martha Coolidge, Charles Cioffi

12:30 pm Frasier (Rpt)

PG

Daphne Returns

Daphne returns with a surprising explanation for her recent weight gain. Meanwhile, Roz writes a children's book based on a story her mother used to tell her.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

01:00 pm The Big Bang Theory (Rpt)

M
Sexual References

The Mommy Observation

When Sheldon visits his mother in Houston, he is forced to confront a new reality. Back in Pasadena, the rest of the gang reluctantly take part in Raj's Murder Mystery party.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

01:30 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Indecision Amalgamation

Raj is wracked with guilt when he tries to date Lucy & Emily at the same time. Penny wrestles with whether to take a role in a cheesy movie & Sheldon is torn trying to choose between 2 gaming systems.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Wil Wheaton



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

02:00 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>Laxative Tester, Horse Inseminator</u></p> <p>Alan takes a job working for Evelyn. Meanwhile, Charlie must mend Chelsea and Jake's rocky relationship.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
02:30 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>For The Sake Of The Child</u></p> <p>After they embarrass him in public, Jake refuses to stay with Charlie and Alan.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
03:00 pm	The King Of Queens (Rpt)	PG	<p><u>Big Dougie</u></p> <p>Doug becomes a Big Brother, which leads him to running a 10K race to support heart disease. Elsewhere, Carrie accidentally tells another Doug she loves him.</p> <p>Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt</p>
03:30 pm	The King Of Queens (Rpt)	PG	<p><u>Soft Touch</u></p> <p>Doug gets pulled into a water filter scheme thanks to his neighbours.</p> <p>Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt</p>
04:00 pm	Good Chef Bad Chef (Rpt)	CC	<p>Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
04:30 pm	Becker (Rpt)	CC PG WS	<p><u>Dinner And A Showdown</u></p> <p>Reggie ends up having a romantic encounter with her friend's husband, after they are left alone at a dinner.</p> <p>Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith</p>



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

05:00 pm **Becker** (Rpt)

CC PG
WS

The Buddy System

John believes he is finally in a perfect relationship after seeing Laura for several months. Unfortunately for John, it's no longer ideal for Laura.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Lauren Holly

05:30 pm **Frasier** (Rpt)

PG

The Wizard And Roz

Frasier catches his mentor in a bathrobe with Roz. Meanwhile, Niles doesn't believe Daphne is psychic, so she calls a spookologist.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Rene Auberjonois, Fisher Stevens

06:00 pm **Frasier** (Rpt)

PG

Semi-Decent Proposal

Frasier takes interest in a charming woman named Claire, who he meets in a store line. However, Claire turns out to be a friend of Lana's.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Jean Smart, Patricia Clarkson

06:30 pm **The Big Bang Theory** (Rpt)

PG
Sexual References

The Hook-Up Reverberation

Raj's honesty about his past comes back to haunt him after Emily takes a dislike to Penny. Meanwhile, the guys consider investing in the comic book store.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco

07:00 pm **The Big Bang Theory** (Rpt)

PG
Sexual References

The Focus Attenuation

The girls head to Las Vegas, while the guys try to invent something cool, but only come up with new ways to procrastinate.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco

07:30 pm **The Big Bang Theory** (Rpt)

PG
Sexual References

The Expedition Approximation

Sheldon and Raj test whether they could survive a dark-matter research expedition by simulating the conditions. Meanwhile, Leonard and Penny seek advice when they argue about money.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

08:00 pm	The Big Bang Theory (Rpt)	PG	<p><u>The Misinterpretation Agitation</u></p> <p>The guys befriend one of Penny's clients when he shows up at her apartment. Meanwhile, Bernadette gets upset when Amy torpedoes an article about her for a local magazine.</p> <p>Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco</p> <p>Guest Starring: Billy Bob Thornton</p>
08:30 pm	Two And A Half Men (Rpt)	PG Sexual References	<p><u>Tinkle Like A Princess</u></p> <p>Charlie runs off to Vegas and returns with a new wife. Charlie then spends some time with Chelsea's father, Tom, and his new boyfriend, Ed.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:00 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>I Found Your Moustache</u></p> <p>Charlie is in for a surprise after believing that Chelsea is back in his life.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
09:30 pm	Two And A Half Men (Rpt)	M Sexual References	<p><u>Ixnay On The Oggie Day</u></p> <p>Charlie has a return engagement with Gail, Chelsea's best friend. Meanwhile, Alan has a surprising effect on a female patient.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
10:00 pm	Two And A Half Men (Rpt)	PG Sexual References	<p><u>Give Me Your Thumb</u></p> <p>Alan suggests that Chelsea get breast-reduction surgery, and Charlie kicks him out.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>
10:30 pm	Two And A Half Men (Rpt)	PG Sexual References, Mature Themes	<p><u>Untainted By Filth</u></p> <p>Charlie and Alan wake up together in bed with a strange woman. Meanwhile, Jake and Chelsea have a conversation about Charlie's past flings.</p> <p>Starring: Charlie Sheen, Jon Cryer</p>



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

11:00 pm	Frasier (Rpt)	PG	<p><u>The Wizard And Roz</u></p> <p>Frasier catches his mentor in a bathrobe with Roz. Meanwhile, Niles doesn't believe Daphne is psychic, so she calls a spookologist.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Rene Auberjonois, Fisher Stevens</p>
11:30 pm	Frasier (Rpt)	PG	<p><u>Semi-Decent Proposal</u></p> <p>Frasier takes interest in a charming woman named Claire, who he meets in a store line. However, Claire turns out to be a friend of Lana's.</p> <p>Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin</p> <p>Guest Starring: Jean Smart, Patricia Clarkson</p>
12:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	The Late Show With Stephen Colbert (Rpt)	CC PG	<p>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.</p>
02:30 am	Just For Laughs Montreal (Rpt)	M Sexual References, Coarse Language	<p><u>All Access: Trevor Noah</u></p> <p>Starring: Trevor Noah, Mark Forward, Katherine Ryan, Hasan Minhaj, Neal Brennan</p>
03:30 am	The Bold And The Beautiful (Rpt)	CC PG	<p>Dollar Bill attempts to process Justin's duplicity and disloyalty. Meanwhile, Carter tells Quinn about the conditions Eric set forth.</p>
04:00 am	The Bold And The Beautiful (Rpt)	CC PG	<p>Justin approaches Ridge with an offer of alliance. Meanwhile, Carter and Quinn's mutual lust for each other is palpable.</p>



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Joseph Prince: New Creation Church CC G
(Rpt)

516 - The God Who Goes Before You

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 in Singapore, which has a congregation of more than 31,000 attendees.



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

06:00 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

07:00 am The King Of Queens (Rpt) PG

Big Dougie

Doug becomes a Big Brother, which leads him to running a 10K race to support heart disease. Elsewhere, Carrie accidentally tells another Doug she loves him.

Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt

07:30 am The King Of Queens (Rpt) PG

Soft Touch

Doug gets pulled into a water filter scheme thanks to his neighbours.

Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt

08:00 am Becker (Rpt) CC PG
WS

Dinner And A Showdown

Reggie ends up having a romantic encounter with her friend's husband, after they are left alone at a dinner.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

08:30 am Becker (Rpt) CC PG
WS

The Buddy System

John believes he is finally in a perfect relationship after seeing Laura for several months. Unfortunately for John, it's no longer ideal for Laura.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Lauren Holly

09:00 am Neighbours (Rpt) CC PG
Mature Themes

Krista feels empowered following her string of wins. Felix makes an admission to his brother. Paul paves his path back to Leo.

09:30 am Neighbours (Rpt) CC PG
Mature Themes

Feeling threatened, Chelsea doubles down on her plans. Mackenzie makes a grand gesture. Toadie scrambles to make amends.



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

10:00 am Neighbours (Rpt)	CC PG Mature Themes	Toadie is at a crossroads. Haz is the target of a terrible attack. The neighbours band together for a good cause.
10:30 am Neighbours (Rpt)	CC PG Mature Themes	Felix is backed into a corner. Haz hides a terrible truth. Melanie walks into an awkward situation.
11:00 am Good Chef Bad Chef (Rpt)	CC	Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
11:30 am The King Of Queens (Rpt)	PG	<u>Big Dougie</u> Doug becomes a Big Brother, which leads him to running a 10K race to support heart disease. Elsewhere, Carrie accidentally tells another Doug she loves him. Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt
12:00 pm The King Of Queens (Rpt)	PG	<u>Soft Touch</u> Doug gets pulled into a water filter scheme thanks to his neighbours. Starring: Kevin James, Leah Remini, Jerry Stiller, Patton Oswalt
12:30 pm Friends (Rpt)	CC PG	<u>The One With Rachel's Book</u> Joey finds out that Rachel is reading a steamy romance novel. Monica discovers that her parents have spent the money for her wedding on a beach house. Starring: Courteney Cox, David Schwimmer, Jennifer Aniston, Matthew Perry, Matt LeBlanc, Lisa Kudrow Guest Starring: Elliott Gould, Christina Pickles
01:00 pm Australian Survivor (Rpt)	CC	SPECIAL ENCORE PRESENTATION
02:00 pm Australian Survivor (Rpt)	CC	SPECIAL ENCORE PRESENTATION



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

03:00 pm Becker (Rpt)

CC PG
WS

Dinner And A Showdown

Reggie ends up having a romantic encounter with her friend's husband, after they are left alone at a dinner.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

03:30 pm Becker (Rpt)

CC PG
WS

The Buddy System

John believes he is finally in a perfect relationship after seeing Laura for several months. Unfortunately for John, it's no longer ideal for Laura.

Starring: Ted Danson, Terry Farrell, Alex Desert, Hattie Winston, Shawnee Smith

Guest Starring: Lauren Holly

04:00 pm Frasier (Rpt)

PG

The Wizard And Roz

Frasier catches his mentor in a bathrobe with Roz. Meanwhile, Niles doesn't believe Daphne is psychic, so she calls a spookologist.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Rene Auberjonois, Fisher Stevens

04:30 pm Frasier (Rpt)

PG

Semi-Decent Proposal

Frasier takes interest in a charming woman named Claire, who he meets in a store line. However, Claire turns out to be a friend of Lana's.

Starring: Kelsey Grammer, Jane Leeves, David Hyde Pierce, John Mahoney, Peri Gilpin

Guest Starring: Jean Smart, Patricia Clarkson

05:00 pm Deal Or No Deal (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

05:30 pm Deal Or No Deal (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

06:00 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Relationship Diremption

Penny tries to help Sheldon when he reconsiders his "relationship" with String Theory. During a dinner with Howard and Bernadette, Raj discovers Howard once embarrassed himself on a date with Emily.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Stephen Hawking

06:30 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Anything Can Happen Recurrence

When Sheldon tries to be spontaneous, it leads to unexpected friction between the girls. Meanwhile, Raj seeks Howard's help in preparing for a date with Emily.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

07:00 pm The Big Bang Theory (Rpt)

PG

The Proton Transmogrification

As the gang celebrate Star Wars Day, Sheldon has difficulty dealing with the recent death of Arthur "Professor Proton" Jeffries.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Bob Newhart

07:30 pm The Big Bang Theory (Rpt)

PG

The Gorilla Dissolution

Penny gets fired from her movie and takes a serious look at her life. Raj sees Emily on a date with another man at the movies. Howard and Bernadette take care of his mother after she breaks her leg.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

Guest Starring: Wil Wheaton

08:00 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Status Quo Combustion

Sheldon gets upset about his career, the destruction of the comic book store & Leonard & Penny's future living arrangements. Howard & Bernadette struggle to keep hold of a caregiver for Mrs. Wolowitz.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

08:30 pm The Big Bang Theory (Rpt)

PG
Sexual References

The Locomotion Interruption

Sheldon's trip comes to an end when he is robbed, Penny interviews for a job at Bernadette's company, and Howard is weirded out by his mother's relationship with Stuart.

Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

09:00 pm	The Big Bang Theory (Rpt)	PG Sexual References	<p><u>The Junior Professor Solution</u></p> <p>Sheldon is forced to teach a class as a Junior Professor. Meanwhile, Amy plays both sides when tension arises between Penny and Bernadette.</p> <p>Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco</p> <p>Guest Starring: Regina King</p>
09:30 pm	The Big Bang Theory (Rpt)	PG	<p><u>The First Pitch Insufficiency</u></p> <p>Howard becomes nervous after NASA asks him to throw out the first pitch at a Los Angeles Angels game. Meanwhile, Leonard and Penny try to prove Sheldon wrong.</p> <p>Starring: Johnny Galecki, Jim Parsons, Kaley Cuoco</p>
10:00 pm	The Big Bang Theory (Rpt)	PG	<p><u>The Collaboration Contamination</u></p> <p>Amy and Howard work in the lab together causing Sheldon, Bernadette and Raj to feel jealous and lonely. Penny starts using a parenting book to control Sheldon's behaviour.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
10:30 pm	Friends (Rpt)	CC PG	<p><u>The One With Phoebe's Cookies</u></p> <p>Monica becomes obsessed with acquiring Phoebe's secret, delicious cookie recipe. Meanwhile, Joey accepts Rachel's help with sailing and Chandler fails to impress Monica's father.</p> <p>Starring: Courteney Cox, David Schwimmer, Jennifer Aniston, Matthew Perry, Matt LeBlanc, Lisa Kudrow</p> <p>Guest Starring: Elliott Gould</p>
11:00 pm	Friends (Rpt)	CC PG	<p><u>The One With Rachel's Assistant</u></p> <p>Rachel wants to hire a cute, young male assistant over a more qualified woman. Joey's show gets cancelled. Meanwhile, Chandler, Monica and Ross tell embarrassing secrets about one another.</p> <p>Starring: Courteney Cox, David Schwimmer, Jennifer Aniston, Matthew Perry, Matt LeBlanc, Lisa Kudrow</p>
11:30 pm	Friends (Rpt)	CC PG	<p><u>The One With The Engagement Picture</u></p> <p>Joey tries to teach Chandler how to smile for an engagement picture with Monica. Phoebe and Ross each date the members of a couple preparing for divorce while Joey takes Tag out for a good time.</p> <p>Starring: Courteney Cox, David Schwimmer, Jennifer Aniston, Matthew Perry, Matt LeBlanc, Lisa Kudrow</p>



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am The Late Show With Stephen Colbert CC PG
(Rpt)

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.

02:30 am South Park (Rpt)

MA15+
Coarse Language,
Mature Themes

The Poor Kid

After Kenny's parents are arrested and he and his siblings are sent to a foster home, Eric searches for who is the new poor kid in South Park and the results are shocking.

Starring: Trey Parker, Matt Stone

03:00 am South Park (Rpt)

M
Sexual References,
Drug References

Asspen

The kids and their families take a vacation together in Aspen. However, the parents get stuck in an endless timeshare presentation, and Stan is forced into a showdown with a cocky skier.

Starring: Trey Parker, Matt Stone

03:30 am South Park (Rpt)

M
Sexual References,
Coarse Language,
Mature Themes

Freak Strike

When the boys learn that talk shows offer prizes to people who are grossly disfigured, they sign Butters up as a guest on a popular afternoon talk show that features people with weird deformities.

Starring: Trey Parker, Matt Stone

04:00 am South Park (Rpt)

M
Violence,
Mature Themes

Fun With Veal

Stan leads the boys in kidnapping all the baby cows from a local ranch after a first hand look at how veal is made turns him into a vegetarian.

Starring: Trey Parker, Matt Stone



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping