



SYDNEY PROGRAM GUIDE

Sunday 05th January 2025

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Key Of David CC PG
Mature Themes

ALL NEW EPISODES

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.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

554 Answers For A Distracted World

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, a vibrant and fast-growing church in Singapore.

07:30 am Good Chef Bad Chef (Rpt) CC G

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.

08:00 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.

08:30 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.

09:00 am My Market Kitchen (Rpt) CC G

SPECIAL ENCORE PRESENTATION

From the iconic fresh food markets, ex MasterChef favourite Laura Sharrad hosts this exciting new season of My Market Kitchen with loads of delicious recipes, plenty of guests and a few surprises.



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09:30 am Australia By Design: Architecture (Rpt) CC G

Discover how a Perth architect decided he had to build a demo house to prove medium density is the future, and we visit a house built in the clouds above the Great Ocean Road.

10:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

10:30 am The Drew Barrymore Show (Rpt)

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Sexual References,
Mild Themes

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11:00 am Luxury Escapes (Rpt)

CC G

Singapore City & Asia Cruise

Ready Steady Cook's chef Mike Reid & Holly Nicholson venture into the melting pot of luxury that is Asia with a trip to multicultural jewel Singapore, followed by a cruise through Asia and Vietnam.

11:30 am 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.

12:00 pm Pooches At Play (Rpt)

CC PG
Mild Themes

Tips and advice on supporting your pet's gut health during medical treatment, providing enrichment for better cat health, identifying and treating bladder stones in dogs, horse therapy and more.

12:30 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.

01:00 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield.

01:30 pm Island Dreaming (Rpt)

CC G

Join Jessie James and Tony Howell for an adventure in the enchanting Cook Islands. From vibrant Polynesian culture, heartfelt stories and local cuisine to the turquoise waters of the South Pacific.



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02:00 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.
02:30 pm NBL - Breakers V Wildcats	CC	<p>LIVE Round 15: New Zealand Breakers V Perth Wildcats Round 15 clash LIVE from Spark Arena, New Zealand Breakers take on Perth Wildcats. Tip-off at 2.36pm (AEDT).</p>
04:30 pm Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
05:00 pm 10 News First	CC	<p>LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 pm Movie: Sonic The Hedgehog 2 (Rpt) (2022)	CC PG Action Violence, Coarse Language, Crude Humour	<p>MOVIE Dr. Robotnik enlists Knuckles the Echidna to help search for an emerald with the power to destroy civilizations. Sonic and his new sidekick Tails must stop Dr. Robotnik's evil plan at all costs. Starring: Jim Carrey, James Marsden, Ben Schwartz, Idris Elba, Tika Sumpter, Adam Pally</p>
08:25 pm The Graham Norton Show	CC	<p>ALL NEW EPISODES Nye Show - Robbie Williams, Rami Malek, Motsi Mabuse, John Bishop Robbie Williams talks with Graham about portraying himself as a chimp in his riotous biopic 'Better Man'. Plus Rami Malek, Motsi Mabuse & John Bishop join Graham to chat about their latest projects.</p>
09:55 pm Movie: Scream (2022)	CC MA15+ Coarse Language, Horror Violence	<p>25 years after a streak of brutal murders shocked the town of Woodsboro, a new killer dons the Ghostface mask and begins targeting a group of teenagers to unearth secrets from the town's deadly past. Starring: Neve Campbell, Courteney Cox, David Arquette, Jack Quaid, Jenna Ortega</p>



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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Monday 06th January 2025

06:00 am My Market Kitchen (Rpt)

CC G

From the iconic fresh food markets, ex MasterChef favourite Laura Sharrad hosts this exciting new season of My Market Kitchen with loads of delicious recipes, plenty of guests and a few surprises.

06:30 am Good Chef Bad Chef (Rpt)

CC G

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.

07:00 am Deal Or No Deal (Rpt)

CC G

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.

07:30 am Farm To Fork (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

08:00 am Neighbours (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Ramsay Street celebrates Christmas. One resident makes a life changing decision. Holly receives a sinister gift. A familiar face reappears. A targeted collision puts the neighbours in deadly peril.

08:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Remy keeps his plans from Will and forces Deacon to defend himself. Brooke is torn as Eric and Ridge rage against Hope over the company.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.



SYDNEY PROGRAM GUIDE

Monday 06th January 2025

09:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

10:00 am Entertainment Tonight (Rpt)

CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

10:30 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.

11:00 am Golden Globes Red Carpet

CC

LIVE

Golden Globes Red Carpet

See every look from the 2025 Golden Globes Red Carpet.

12:00 pm The 82nd Annual Golden Globes

CC PG
Sexual References,
Coarse Language,
Mature Themes,
May Contain:

LIVE

Golden Globe Awards 2025 (82nd), The

The 82nd Golden Globe Awards is the largest awards show in the world honouring outstanding achievements in both film and television. This year's host is comedic powerhouse Nikki Glaser.

03:00 pm Lingo

CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

A horror crash sparks fresh fear and new beginnings. Yaz creeps closer to ensnaring her target. Aaron reconsiders his future. A reunited couple bask in their love bubble.



SYDNEY PROGRAM GUIDE

Monday 06th January 2025

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Remy makes a game-changing decision. Brooke snaps as Ridge attacks Hope.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Deal Or No Deal (Rpt)

CC G

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.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm The 82nd Annual Golden Globes Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Golden Globe Awards 2025 (82nd), The

The 82nd Golden Globe Awards is the largest awards show in the world honouring outstanding achievements in both film and television. This year's host is comedic powerhouse Nikki Glaser.

10:30 pm Movie: Downsizing (Rpt)(2017)

CC M
Sexual References,
Coarse Language,
Drug Use,
Nudity

A scientist invents downsizing, a scientific procedure which shrinks people and also has financial benefits. Paul and Audrey, a married couple, decide to downsize to live a wealthy and peaceful life.

Starring: Matt Damon, Christoph Waltz, Hong Chau, Jason Sudeikis, Kristen Wiig

01:10 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.



SYDNEY PROGRAM GUIDE

Monday 06th January 2025

02:10 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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.

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 CBS Mornings CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.





SYDNEY PROGRAM GUIDE

Tuesday 07th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

06:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

07:00 am Neighbours (Rpt)

CC PG
Mild Themes

A horror crash sparks fresh fear and new beginnings. Yaz creeps closer to ensnaring her target. Aaron reconsiders his future. A reunited couple bask in their love bubble.

07:30 am Farm To Fork (Rpt)

CC G

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

08:00 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Remy makes a game-changing decision. Brooke snaps as Ridge attacks Hope.

08:30 am Deal Or No Deal (Rpt)

CC G

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.

09:00 am Lingo Encore (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

10:00 am Entertainment Tonight (Rpt)

CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.



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Tuesday 07th January 2025

10:30 am Jamie One-Pan Wonders (Rpt) CC G

Jamie shows us how to cook a traybaked salmon in a bag, tomato fritters that can be prepared in a frying pan, and roasted rolled pork with a risotto that are both cooked in the same casserole pan.

11:30 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.

12:00 pm Farm To Fork CC G

ALL NEW EPISODES

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

12:30 pm Family Feud CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

01:00 pm Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie makes great value meals, from a hearty chicken pie with a flavoured pastry, to a mushroom risotto, homemade bread for a spicy bhaji burger, and a chocolatey no-cook fridge cake.

02:00 pm Wheel Of Fortune CC G

ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

02:30 pm Lingo CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.



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03:30 pm Judge Judy (Rpt)	CC PG	<p>Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.</p> <p>ALL NEW EPISODES</p>
04:00 pm Neighbours	CC PG Mild Themes	<p>Aaron's plans go awry. Terese is unsettled by a surprising proposal. A resident's paranoia grows. A couple navigates a thorn in their side.</p> <p>ALL NEW EPISODES</p>
04:30 pm The Bold & The Beautiful	CC PG Mild Themes	<p>Hope and Carter step into power at Forrester Creations. The Forresters and Logans clash in a high-stakes battle for control.</p> <p>LIVE</p>
05:00 pm 10 News First	CC	<p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 pm Deal Or No Deal (Rpt)	CC G	<p>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.</p> <p>ALL NEW EPISODES</p>
06:30 pm The Project	CC	<p>Join the Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
07:30 pm Deal Or No Deal: Celebrity Jackpot (Rpt)	CC PG Sexual References, Mild Coarse Language, Drug References	<p>Comedy</p> <p>Resident funnyman Tom Gleeson hits the podium to play Deal or No Deal: Celebrity Jackpot, as he aims to take home \$250,000 for his charity, Feel the Magic.</p>
08:30 pm Movie: Meet The Parents (Rpt)(2000)	CC M Coarse Language	<p>Male nurse Greg Focker hopes to propose to his girlfriend Pam during a weekend stay at her parents' home. But Pam's cat-crazy, ex-CIA father takes an immediate dislike to her less-than-truthful beau.</p> <p>Starring: Ben Stiller, Robert De Niro, Teri Polo, Blythe Danner, Owen Wilson</p>





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Tuesday 07th January 2025

10:40 pm **Movie: Jackass Forever** (2022)

CC MA15+
Coarse Language,
Crude Humour,
Nudity

Johnny Knoxville and the crew are back for the wildest Jackass yet, plumbing new depths of immaturity with outrageous pranks and dangerous stunts that will have you laughing until it really hurts.

Starring: Johnny Knoxville, Steve-O , Jason 'wee Man' Acuña, Chris Pontius, Dave England

12:40 am **The Project Encore** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

01:40 am **The Late Show With Stephen Colbert**

CC PG

ALL NEW EPISODES

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 **Home Shopping** (Rpt)

Home Shopping

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04:00 am **Home Shopping** (Rpt)

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04:30 am **CBS Mornings**

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burseson.



SYDNEY PROGRAM GUIDE

Wednesday 08th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

06:30 am The Drew Barrymore Show

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Sexual References,
Mild Themes

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07:00 am Neighbours (Rpt)

CC PG
Mild Themes

Aaron's plans go awry. Terese is unsettled by a surprising proposal. A resident's paranoia grows. A couple navigates a thorn in their side.

07:30 am Farm To Fork (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

08:00 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Hope and Carter step into power at Forrester Creations. The Forresters and Logans clash in a high-stakes battle for control.

08:30 am Deal Or No Deal (Rpt)

CC G

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.

09:00 am Lingo Encore (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

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10:30 am Jamie One-Pan Wonders (Rpt) CC G

Jamie Oliver takes midweek meals up a notch, as he knocks out flavour-packed gnocchi and giant spicy meatballs, and turns a family favourite on its head with his upside-down fish pie.

11:30 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.

12:00 pm Farm To Fork CC G

ALL NEW EPISODES

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

12:30 pm Family Feud CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

01:00 pm Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie shares meals that keep costs down and flavour up; from a scrumptious fish pie, to a spicy one-pan chicken supper, Minestrone with cheese stuffed pesto bread & super-quick chocolaty microwave pud

02:00 pm Wheel Of Fortune CC G

ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

02:30 pm Lingo CC G

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CC PG
Mild Themes

ALL NEW EPISODES

Krista is pulled in two directions. The housemates go all out to make amends. Catastrophe strikes for Aaron and Holly.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

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CC G

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06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm Movie: Meet The Fockers (Rpt)(2004)

CC M
Sexual References

Domestic disaster looms for Greg Focker as hidden secrets are exposed when his straight-laced, tightly-wound ex-CIA father-in-law meets Greg's wildly unconventional, touchy-feely mother and father.

Starring: Ben Stiller, Robert De Niro, Barbra Streisand, Dustin Hoffman, Blythe Danner, Teri Polo

09:55 pm The Project Encore (Rpt)

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SYDNEY PROGRAM GUIDE

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Sexual References,
Mild Themes

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Mild Themes

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CC G

SPECIAL ENCORE PRESENTATION

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08:00 am The Bold & The Beautiful (Rpt)

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Mild Themes

08:30 am Deal Or No Deal (Rpt)

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Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.



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Thursday 09th January 2025

10:30 am Jamie One-Pan Wonders (Rpt) CC G

Jamie whips up super-speedy smashed lemongrass chicken, flavour-packed sweet potato chilli with homemade nachos, and a chocolate party tray cake with tinned mandarins and buttercream.

11:30 am Judge Judy (Rpt) CC PG

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12:00 pm Farm To Fork CC G

ALL NEW EPISODES

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ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

01:00 pm Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie Oliver makes a giant Yorkshire pudding with stuffing and roast veg, cheesy gnocchi with bacon, spicy kipper kedgeree, and easy ice cream, all for under a quid a portion

02:00 pm Wheel Of Fortune CC G

ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

02:30 pm Lingo CC G

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ALL NEW EPISODES

04:00 pm Neighbours

CC PG
Mild Themes

Holly's past comes back to haunt her. Nicolette gives love another chance. Byron covers his true feelings. Paul turns reflective.

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

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 Deal Or No Deal (Rpt)

CC G

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ALL NEW EPISODES

06:30 pm The Project

CC

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SPECIAL EVENT

07:30 pm The Truth About The Skinny Jab

CC M
Mature Themes

The Truth About The Skinny Jab

08:30 pm Movie: Little Fockers (Rpt)(2010)

CC M
Violence,
Sexual References

Greg Focker has finally begun to earn his ex CIA father-in-law's respect, but one important test lies ahead. Will Greg prove that he has what it takes to be the family's next "Godfather"?

Starring: Ben Stiller, Robert De Niro, Dustin Hoffman, Barbra Streisand, Teri Polo, Owen Wilson

10:30 pm Movie: Shutter Island (Rpt)(2010)

CC MA15+
Strong Adult
Themes,
Horror Violence

When U.S. Marshal Teddy Daniels arrives at the asylum for the criminally insane on Shutter Island, he uncovers terrifying truths about the island and finds out some places never let you go

Starring: Leonardo Di Caprio, Mark Ruffalo, Ben Kingsley, Emily Mortimer, Max Von Sydow



SYDNEY PROGRAM GUIDE

Thursday 09th January 2025

01:15 am The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

02:10 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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.

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 CBS Mornings CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.





SYDNEY PROGRAM GUIDE

Friday 10th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

06:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.

07:00 am The Yes Experiment (Rpt)

CC

07:30 am Farm To Fork (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

08:00 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

08:30 am Deal Or No Deal (Rpt)

CC G

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.

09:00 am Lingo Encore (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

10:00 am Entertainment Tonight (Rpt)

CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.



SYDNEY PROGRAM GUIDE

Friday 10th January 2025

10:30 am Jamie One-Pan Wonders (Rpt) CC G

Jamie cooks his take on shakshuka with asparagus, broccoli and harissa, and an outrageously good pulled pork that can be batched up and used in loads of meals whenever you need it.

11:30 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.

ALL NEW EPISODES

12:00 pm Farm To Fork CC G

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

ALL NEW EPISODES

12:30 pm Family Feud CC PG

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

01:00 pm Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie shares more low cost meals full of flavour: from a root veg pie, to his sticky BBQ chicken with chunky potato wedges, a cheesy enchilada packed full of veg, and an upside-down pineapple cake.

ALL NEW EPISODES

02:00 pm Wheel Of Fortune CC G

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

02:30 pm Lingo (Rpt) CC G

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.



SYDNEY PROGRAM GUIDE

Friday 10th January 2025

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.

04:00 pm Family Feud

CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Deal Or No Deal (Rpt)

CC G

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.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm Movie: The First Wives Club (Rpt)(1996) CC

PG
Mild Coarse
Language,
Mature Themes

Three wealthy New York society women form the "First Wives Club" in order to exact revenge on their husbands who have left them for younger women.

Starring: Bette Midler, Goldie Hawn, Diane Keaton, Stockard Channing, Sarah Jessica Parker, Bronson Pinchot, Maggie Smith

09:35 pm Movie: Starsky & Hutch (Rpt)(2004) CC

M
Violence,
Coarse Language,
Drug References

Two streetwise cops bust criminals in their red-and-white Ford Torino with the help of police snitch called Huggy Bear.

Starring: Ben Stiller, Owen Wilson, Snoop Dogg



SYDNEY PROGRAM GUIDE

Friday 10th January 2025

11:40 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:40 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 11th January 2025

06:00 am	What's Up Down Under (Rpt)	CC PG Mild Themes	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
06:30 am	Reel Action (Rpt)	CC G	In this episode, Russell Babekuhl and Jason Medcalf join Guesty for a look at Lake Monduran, QLD-a renowned impoundment known for its challenging conditions and trophy Barramundi.
07:00 am	Escape Fishing With ET (Rpt)	CC G	Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.
07:30 am	On The Fly (Rpt)	CC G	Join Gavin Hurley as he breaks down the secrets of the fly fishing artform while taking you to some of the world's most amazing destinations.
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	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield.
09:00 am	My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur 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.
SPECIAL ENCORE PRESENTATION			
09:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.
SPECIAL ENCORE PRESENTATION			
10:00 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.



SYDNEY PROGRAM GUIDE

Saturday 11th January 2025

10:30 am Farm To Fork (Rpt) CC G

Michael Weldon, Louis Tikaram and Brent Draper take you on a food journey across Australia seeking the finest local produce and share inspiring recipe ideas to ignite your passion for cooking at home.

11:00 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.

11:30 am Silvia's Italian Masterclass (Rpt) CC G

Silvia walks you through the classic, crowd pleasing recipes of your favourite Italian breads. All you need now is a little olive oil, balsamic and salt and you have yourself the perfect appetiser.

12:00 pm Australia By Design: Innovations (Rpt) CC G

Australia By Design: Innovations gives an in-depth look at some amazing design innovations around Australia. The show travels far and wide to meet the entrepreneurial innovators in their environment.

12:30 pm Exploring Off The Grid CC PG
Mild Coarse
Language

SEASON PREMIERE

Join Rick, Johnno and the crew as they explore the less travelled tracks of the Gulf and Western Cape York in their expedition trucks.

01:30 pm The Yes Experiment CC

ALL NEW EPISODES

02:00 pm Pat Callinan's 4x4 Adventures CC

SEASON FINALE

Join Pat Callinan as he makes an ambitious run across Australia to places you can only access with a 4X4. You'll be captivated by the destinations and learn tips from Australia's 4X4 guru.

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.



SYDNEY PROGRAM GUIDE

Saturday 11th January 2025

03:30 pm My Market Kitchen

CC G

ALL NEW EPISODES

From the iconic fresh food markets, ex MasterChef favourite Laura Sharrad hosts this exciting new season of My Market Kitchen with loads of delicious recipes, plenty of guests and a few surprises.

04:00 pm All 4 Adventure

CC

ALL NEW EPISODES

Armed with all-new rig upgrades, Australia's favourite adventurers Jase & Simon, along with their good mate Jesse, explore the hidden secrets of breathtaking K'Gari before heading north.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Dog House (Rpt)

CC PG
Mild Themes

Duchess the basset hound is on the prowl for a new owner. Can Laura and Martin see past lurcher Sam's size and find a place for him in their hearts? Plus, Albie the Jack Russell puppy's second chance!

07:30 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Amy & Kunal hope getting a dog will help their little boy, Arnav, get his spark back. They meet little Lane, a dachshund cross pup. While it's love at first sight for Arnav, his parents are less sure.

08:30 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Long-term resident Harley the American Bull cross is often overlooked due to his size, but will his personality help him find a new home? Meanwhile, Staffordshire Terrier mix Banksy turns on the charm

09:30 pm Ambulance Australia (Rpt)

CC M
Sexual References,
Medical Procedures

A child makes an alarming call about a 5-year-old stuck in mud, but all is not as it seems. A suspected stroke is reported at an alleged workplace, only to find a severely intoxicated man at a party.



SYDNEY PROGRAM GUIDE

Saturday 11th January 2025

10:45 pm Ambulance (Rpt)

CC M
Coarse Language,
Drug References,
Mature Themes

An urgent call from someone threatening to use a nerve agent against the emergency services leads to major incident standby being declared.

Voices: Christopher Eccleston

11:45 pm Ambulance (Rpt)

CC M
Coarse Language,
Drug References,
Mature Themes

With junior NHS doctors on strike, ambulance crews respond to several road traffic accidents, including one where a man requires advanced pain relief after severely injuring his penis and testicles.

Voices: Christopher Eccleston

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

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power

G

ALL NEW EPISODES

Hour Of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.