



SYDNEY PROGRAM GUIDE

Sunday 12th 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

555 Pray For Good Success Today

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

Hidden Hermanus

Warren deepens his love of wine by venturing to Newton Johnson, the 'wine farm with a view', and drink their most popular drops matched with food pairings from their restaurant.

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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Sunday 12th January 2025

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

We discover a boldly designed party house in Brisbane's hottest suburb of Hamilton, and we shine the spotlight on internationally acclaimed Danish architect, Bjarke Ingles.

10:00 am The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

#5063r - Kathy Bates, Chris Appleton

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

10:30 am The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

#5064r - Cooper Koch

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

11:00 am Luxury Escapes (Rpt) CC G

Queensland

Pia Miranda and Bernard Curry head to stunning Queensland for a luxury escape that encompasses both the ocean and the outback.

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 G

Inside the Dog Lovers Festival hear how the Australian Dockdogs Champion stays in top form, Lara and Farmer Dave Graham put dogs to the ultimate recall test and more.

12:30 pm The Chef's Garden (Rpt) CC PG
Mild Coarse
Language

Take a journey with renowned Australian chef Massimo Mele to explore the vast land of The Chef's Garden. Discover his recipes from Italian homely gnocchi to exquisite abalone caught fresh from the sea

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 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.



SYDNEY PROGRAM GUIDE

Sunday 12th January 2025

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 - JackJumpers V Wildcats CC

LIVE

Round 16: Tasmania Jackjumpers V Perth Wildcats

Round 16 clash LIVE from MyState Bank Arena, Tasmania JackJumpers take on Perth Wildcats. Tip-off at 2.36pm (AEDT).

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

LIVE

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

06:00 pm The Sunday Project CC

LIVE

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

07:00 pm The Dog House Celebrity (Rpt) CC PG
Mild Themes

Celebrity Dog House Australia

What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch!

08:30 pm New: The Graham Norton Show CC M
Violence,
Coarse Language

ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show with guests Cher, Michael Fassbender, Keira Knightley, Josh Brolin, Jalen Ngonda .

09:30 pm Movie: Scream VI (2023) CC MA15+
Coarse Language,
Horror Violence

MOVIE

The four survivors from the most recent Woodsboro killings move to New York City for a fresh start, but Ghostface is more brutal and relentless than ever and will stop at nothing to hunt them down.

Starring: Courtney Cox, Jenna Ortega, Melissa Barrera, Hayden Panettiere, Jasmin Savoy Brown





SYDNEY PROGRAM GUIDE

Sunday 12th January 2025

11:55 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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 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 13th January 2025

06:00 am The Drew Barrymore Show	CC PG Sexual References, Mild Themes	<p>ALL NEW EPISODES #5115r - Keke Palmer Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.</p>
06:30 am The Drew Barrymore Show	CC PG Sexual References, Mild Themes	<p>ALL NEW EPISODES #5116r - Andrew Rannells Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.</p>
07:00 am Neighbours (Rpt)	CC PG Mild Themes	<p>Holly's past comes back to haunt her. Nicolette gives love another chance. Byron covers his true feelings. Paul turns reflective.</p>
07:30 am Farm To Fork (Rpt)	CC G	<p>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.</p>
08:00 am The Bold & The Beautiful (Rpt)	CC PG Mild Themes	<p>Ridge and Steffy grow increasingly worried as Eric watches the empire he built unravel. Unbeknownst to Electra, Will confronts Remy about Will's distrust of him and levels a threat.</p>
08:30 am 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>
09:00 am Lingo (Rpt)	CC G	<p>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.</p>
10:00 am Entertainment Tonight (Rpt)	CC	<p>ALL NEW EPISODES Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>





SYDNEY PROGRAM GUIDE

Monday 13th January 2025

10:30 am **Jamie's 5 Ingredient Mediterranean** CC G
(Rpt)

Jamie shares two hearty dishes that elevate store-cupboard staples to the next level, and calls on Gennaro Contaldo to rustle up some delicious homemade gnocchi using just 5 easy ingredients.

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 **10 News First: Lunchtime** CC

LIVE

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

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.



SYDNEY PROGRAM GUIDE

Monday 13th January 2025

03:30 pm 10 News First: Afternoon

CC

LIVE

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

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Erinsborough is starstruck by a celebrity appearance. Yaz is consumed by her private quest. Sadie confronts unexpected opposition. Terese commits an act of betrayal.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Steffy, Ridge, Eric, and Taylor are stunned as they watch a live social media broadcast, where Carter drops a bombshell announcement that none of them saw coming.

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

CC G

ALL NEW EPISODES

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

LIVE

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

07:30 pm Dungeons & Dragons: Honor Among Thieves (2023)

CC M
Violence,
Mature Themes

MOVIE

A charming thief and a band of unlikely adventurers undertake an epic heist to retrieve a lost relic, but things go dangerously awry when they run afoul of the wrong people.

Starring: Chris Pine, Michelle Rodriguez, Hugh Grant, Rege-Jean Page, Justice Smith



SYDNEY PROGRAM GUIDE

Monday 13th January 2025

10:20 pm 10's Late News CC

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

10:45 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.

11:50 pm 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.

01:00 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 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 14th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

#5127 - Anne Burrell, Marcus Samuelsson And Sohla El-Waylly

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

#5128 - Jacques Pepin

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

07:00 am Neighbours (Rpt)

CC PG
Mild Themes

Erinsborough is starstruck by a celebrity appearance. Yaz is consumed by her private quest. Sadie confronts unexpected opposition. Terese commits an act of betrayal.

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

Steffy, Ridge, Eric, and Taylor are stunned as they watch a live social media broadcast, where Carter drops a bombshell announcement that none of them saw coming.

08:30 am Deal Or No Deal Encore (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.

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.



SYDNEY PROGRAM GUIDE

Tuesday 14th January 2025

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 Jamie's 5 Ingredient Mediterranean (Rpt) CC G

Jamie's got a speedy, tasty twist on your Sunday roast that keeps it all in one pan; and puts store-cupboard essentials centre stage in two fabulous family meals that are made in minutes.

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.

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 10 News First: Lunchtime CC

LIVE

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

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.



SYDNEY PROGRAM GUIDE

Tuesday 14th January 2025

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.

03:30 pm 10 News First: Afternoon CC

LIVE

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

04:00 pm Neighbours CC PG
Mild Themes

ALL NEW EPISODES

Paul and Terese are confronted by hard truths. A resident struggles with being the third wheel. Nicolette stumbles upon a clue.

04:30 pm The Bold & The Beautiful CC PG
Mild Themes

ALL NEW EPISODES

Crushed, Ridge has a moment of harsh clarity about his life.

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 CC G

ALL NEW EPISODES

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

LIVE

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

07:30 pm Movie: Jack Reacher (Rpt)(2012) CC M
Violence,
Coarse Language

MOVIE

A homicide investigator digs deeper into a case involving a trained military sniper who shot five random victims. Suddenly what seemed like a simple case takes an unlikely turn.

Starring: Tom Cruise, Rosamund Pike, Richard Jenkins, Jai Courtney, David Oyelowo, Werner Herzog, Robert Duvall, Joseph Sikora, Alexia Fast



SYDNEY PROGRAM GUIDE

Tuesday 14th January 2025

10:05 pm 10's Late News CC

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

10:30 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.

11:30 pm 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

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 Bursleson.





SYDNEY PROGRAM GUIDE

Wednesday 15th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

#5143 - Lisa Kudrow, Nikko San Pietro

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

#5144 - Carol Kane

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

07:00 am Neighbours (Rpt)

CC PG
Mild Themes

Paul and Terese are confronted by hard truths. A resident struggles with being the third wheel. Nicolette stumbles upon a clue.

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

Crushed, Ridge has a moment of harsh clarity about his life.

08:30 am Deal Or No Deal Encore (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.

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

Wednesday 15th January 2025

10:30 am Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie makes meals for under £1 a serve; from a chicken roast that saves both time and money to a meal that turns a pancake into a showstopper, a pizza with no oven and a microwave chilli con carne.

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 10 News First: Lunchtime CC

LIVE

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

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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Wednesday 15th January 2025

03:30 pm	10 News First: Afternoon	CC
04:00 pm	Neighbours	CC PG Mild Themes
04:30 pm	The Bold & The Beautiful	CC PG Mild Themes
05:00 pm	10 News First	CC
06:00 pm	Deal Or No Deal	CC G
06:30 pm	The Project	CC
07:30 pm	Movie: Jack Reacher: Never Go Back (Rpt)(2016)	CC M Violence, Coarse Language

LIVE

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

ALL NEW EPISODES

Paul and Terese are confronted by hard truths. A resident struggles with being the third wheel. Nicolette stumbles upon a clue.

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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.

LIVE

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

MOVIE

When Major Susan Turner is framed for treason, Jack Reacher is forced to go on the lam to uncover the truth behind a massive government conspiracy that involves the death of U.S. soldiers.

Starring: Tom Cruise, Cobie Smulders, Danika Yarosh, Holt McCallany, Patrick Heusinger





SYDNEY PROGRAM GUIDE

Wednesday 15th January 2025

09:55 pm 10's Late News CC

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

SPECIAL ENCORE PRESENTATION

10:20 pm The Project Encore (Rpt) CC

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

ALL NEW EPISODES

11:25 pm The Late Show With Stephen Colbert CC PG

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

ALL NEW EPISODES

04:30 am CBS Mornings CC

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





SYDNEY PROGRAM GUIDE

Thursday 16th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

#5139 - Julianne Moore

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

#5140 - Savannah James And April McDaniel

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

07:00 am Neighbours (Rpt)

CC PG
Mild Themes

Paul and Terese are confronted by hard truths. A resident struggles with being the third wheel. Nicolette stumbles upon a clue.

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 Encore (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.

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

Thursday 16th January 2025

10:30 am Jamie Oliver: Cooking For Less (Rpt) CC G

Jamie makes delicious low budge meals; from a takeaway style homemade crispy pork noodles to meatball kebabs, a meal that celebrates the store cupboard to a humble crumble that bigs up the freezer.

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.

LIVE

01:00 pm 10 News First: Lunchtime CC

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

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.

ALL NEW EPISODES

02:30 pm Lingo 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

Thursday 16th January 2025

03:30 pm 10 News First: Afternoon

CC

LIVE

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

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Yaz is pushed to the edge. Paul struggles with his exile. The housemates' good intentions backfire.

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

CC G

ALL NEW EPISODES

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

LIVE

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

07:30 pm Movie: Top Gun: Maverick (Rpt)(2022)

CC M
Violence,
Coarse Language

MOVIE

After 30 years, Maverick is still pushing the envelope as a top naval aviator, confronting ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice.

Starring: Tom Cruise, Jennifer Connelly, Miles Teller, Val Kilmer, Jon Hamm



SYDNEY PROGRAM GUIDE

Thursday 16th January 2025

10:05 pm 10's Late News CC

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

10:30 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.

11:30 pm 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

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 17th January 2025

06:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

#5148 - Luke Wilson, Nate Burleson

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

#5154 - Whitney Cummings

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

07:00 am The Yes Experiment (Rpt)

CC

Emma And Maia

Single mum Emma and daughter Maia share a day of challenges, laughs, and new experiences. From climbing Brisbane's Story Bridge to kayaking on the river and enjoying a Japanese high tea.

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 Encore (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.

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.





SYDNEY PROGRAM GUIDE

Friday 17th January 2025

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 Jamie's Air Fryer Meals (Rpt) CC G

Jamie cooks Chicken & mushroom pastry parcels, Grilled Mediterranean veg & flatbread, herb-stuffed salmon. Also, invites chef Sabrina Gidda to cook her marinated lamb chops.

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.

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 10 News First: Lunchtime CC

LIVE

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

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.



SYDNEY PROGRAM GUIDE

Friday 17th January 2025

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.

LIVE

03:30 pm 10 News First: Afternoon CC

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

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.

LIVE

06:30 pm The Project CC

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

07:30 pm Movie: Cast Away (Rpt)(2000) CC M
Mature Themes

MOVIE

On a business trip, a FedEx executive crash lands on a deserted island and must transform himself physically and emotionally to survive and to try and get back home.

Starring: Tom Hanks, Helen Hunt, David Allen Brooks, Paul Sanchez, Leonid Citer



SYDNEY PROGRAM GUIDE

Friday 17th January 2025

10:20 pm 10's Late News CC

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

10:45 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.

11:50 pm 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.

01:00 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)

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04:30 am Home Shopping (Rpt)

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05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping





SYDNEY PROGRAM GUIDE

Saturday 18th January 2025

06:00 am	What's Up Down Under (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
06:30 am	Reel Action (Rpt)	CC G	Guesty along with the Bastard Smith Brothers (Luke and Wade) as well as Jack "The Stowaway" Nolan get together for a cracking adventure off Gladstone.
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.
08:00 am	IFISH (Rpt)	CC G	SPECIAL ENCORE PRESENTATION 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.
09:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	SPECIAL ENCORE PRESENTATION #5115r - Keke Palmer Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.
10:00 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	SPECIAL ENCORE PRESENTATION #5116r - Andrew Rannells Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.



SYDNEY PROGRAM GUIDE

Saturday 18th January 2025

10:30 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.

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

Aperitivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king, whether you're looking for a delicious snack or something to end the night.

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 G

ALL NEW EPISODES

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

Ari And Ambrosia

The George kids bring their mum Zoe-and their dad-together for a Yes Day full of laughs and family fun. From a doggy "glow-up" and paintball showdown to trampoline adventures and a home-cooked dinner.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC PG
Coarse Language

Pat Callinan's 4X4 Adventures is Australia's longest-running 4X4 show. You'll be captivated by the inspirational destinations, great characters and superb camping and 4X4 tips.



SYDNEY PROGRAM GUIDE

Saturday 18th January 2025

03:00 pm 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.

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

SEASON FINALE

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 Australia (Rpt)

CC PG
Mature Themes

Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance.

07:30 pm The Dog House Australia (Rpt)

CC PG
Mature Themes

Is one-eyed Maltese Harlie the right remedy for Karin, who is looking for a furry friend after an accident left her mostly immobile? Could German Shepherd Seth's size be too much for gentle Sheppy?

08:30 pm The Dog House (Rpt)

CC PG
Mild Themes

Loveable goofball Peaches sends Jane and Alan into a spin, Hetti enjoys a game of tennis with the Jobanputras to prove that she is really young at heart, and Duchess is back on the charm offensive!



SYDNEY PROGRAM GUIDE

Saturday 18th January 2025

09:30 pm Ambulance Australia (Rpt)	CC M Coarse Language, Medical Procedures	Tonight, Ambulance NSW responds to an 88-year old's severe head wound, a hair-raising motorbike accident, a life-saving CPR call, a serious burns incident and a challenging 170kg patient extraction.
10:30 pm Ambulance (Rpt)	CC M Medical Procedures	The number of category 1 emergency calls on a shift puts the North East Ambulance Service and the hospitals in the region under constant pressure, as a huge car crash stretches resources to the limit.
11:45 pm Ambulance (Rpt)	CC M Mature Themes	A 999 call for a patient driving the wrong way up a slip road kicks off another busy shift for the teams covering the 2,300 square miles of Teesside in England's North East.
01:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
02:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
03:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
03:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
04:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
04:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
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.

