



# SYDNEY PROGRAM GUIDE

Sunday 19th February 2023

**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 Turning Point With David Jeremiah** CC PG  
Mature Themes

## ALL NEW EPISODES

Anxiety makes its presence known when we try to resolve issues on our own. But we can overcome anxiety when we replace it with the peace of God.

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

## ALL NEW EPISODES

### **462 - Unlock God's Supply For Your Every Need**

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.

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

Religious.

**08:00 am Luca's Key Ingredient (Rpt)** CC G

It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as Figs with Gorgonzola, Mini Polentine and a refined Gnocchi dish worthy of any restaurant.

**08:30 am Freshly Picked With Simon Toohey (Rpt)** CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

**09:00 am Good Chef Bad Chef (Rpt)** CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**09:30 am Destination Dessert (Rpt)** CC G

Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard.



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<b>10:00 am Studio 10: Sunday</b>	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
<b>12:00 pm Australian Survivor Encore (Rpt)</b>	CC	<b>SPECIAL ENCORE PRESENTATION</b> A Survivor favourite brings a shocking twist, that will flip the game on its head.
<b>01:40 pm My Market Kitchen (Rpt)</b>	CC G	Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.
<b>02:00 pm Waltzing Jimeoin (Rpt)</b>	CC PG Mild Coarse Language, Mild Themes	Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him.
<b>02:30 pm Exploring Off The Grid</b>	CC	<b>ALL NEW EPISODES</b> True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
<b>03:00 pm Pat Callinan's 4x4 Adventures</b>	CC	<b>ALL NEW EPISODES</b> Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
<b>04:00 pm Farm To Fork (Rpt)</b>	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
<b>04:30 pm Taste Of Australia With Hayden Quinn (Rpt)</b>	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.



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Sunday 19th February 2023

**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 Sunday Project** CC

## ALL NEW EPISODES

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

**07:30 pm Australian Survivor** CC

## ALL NEW EPISODES

Who will be next on the chopping block as King George and Queen Shonee revel in their newfound power? And with the OG Villains outnumbered could a proposition be the end of the Spice Girls alliance?

**09:10 pm TBA** **NO CC**

**10:10 pm FBI (Rpt)** CC M  
Violence, Drug References

## Gone Baby Gone

A young girl is kidnapped from her daycare, and the team must help her parents navigate a debt owed to a deadly street gang. Maggie makes a costly mistake after her sister Erin gets booted from rehab.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner

**11:00 pm The Sunday Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

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

## Home Shopping

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

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

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**01:30 am Home Shopping (Rpt)**

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# SYDNEY PROGRAM GUIDE

## Sunday 19th February 2023

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**03:00 am Home Shopping** (Rpt)

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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 20th February 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Farm To Fork (Rpt)**

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**07:30 am Good Chef Bad Chef (Rpt)**

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**08:30 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**09:00 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**09:30 am The Bold & The Beautiful Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

An unexpected advocate for Thomas approaches Hope.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus weekdays from 10:00AM.

**12:00 pm 10 News First: Midday**

CC

## LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



# SYDNEY PROGRAM GUIDE

Monday 20th February 2023

**01:00 pm Dr Phil**

CC PG  
Mild Themes

### ALL NEW EPISODES

A food prepper details her secrets to prepare for shortages and save big on all the necessities, while an economist shares tips on how to hunker down without sacrificing your quality of life.

**02:00 pm Australian Survivor Encore (Rpt)**

CC

### SPECIAL ENCORE PRESENTATION

Who will be next on the chopping block as King George and Queen Shonee revel in their newfound power? And with the OG Villains outnumbered could a proposition be the end of the Spice Girls alliance?

**03:40 pm Entertainment Tonight**

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### ALL NEW EPISODES

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**04:00 pm Farm To Fork**

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### ALL NEW EPISODES

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**04:30 pm The Bold & The Beautiful**

CC PG

### ALL NEW EPISODES

Finn puts Sheila in her place during a chance encounter at Il Giardino. Katie decides to save Bill from himself and Sheila Carter.

**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 Project**

CC

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 20th February 2023

**07:30 pm Australian Survivor**

CC

## ALL NEW EPISODES

Will Stevie follow his destiny and take out King George? Or will someone play their "idol" to sabotage an unsuspecting player?

**08:40 pm Would I Lie To You? Australia**

CC M  
Coarse Language

## ALL NEW EPISODES

Chrissie Swan, Charlie Pickering and Frank Woodley, with the help of some famous faces are back for Would I Lie To You? Guests Dave Hughes, Jaqui Lambie, Joel Creasey and Nina Oyama

**09:40 pm Ghosts**

CC PG  
Mature Themes

## ALL NEW EPISODES

### Ghost Hunter

Freddie purchases ghost-hunting equipment when suspicious activity leads him to theorize the B&B is haunted. Also, Sasappis risks losing his relationship with Jessica when Freddie sells his car.

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty

**10:10 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Criminal Justice

When a young man accidentally shoots a cop in self-defense and goes on the run, the team members find themselves in a moral dilemma on the best way to carry out justice.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Miguel Gomez, Keisha Castle-Hughes

Guest Starring: Alana De La Garza

**11:00 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.

**12:00 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.



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01:30 am Home Shopping (Rpt)

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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 21st February 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Farm To Fork (Rpt)**

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**07:30 am Good Chef Bad Chef (Rpt)**

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**08:30 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**09:00 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**09:30 am The Bold & The Beautiful Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Finn puts Sheila in her place during a chance encounter at Il Giardino. Katie decides to save Bill from himself and Sheila Carter.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus weekdays from 10:00AM.

**12:00 pm 10 News First: Midday**

CC

## LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



# SYDNEY PROGRAM GUIDE

Tuesday 21st February 2023

**01:00 pm Dr Phil**

CC M  
Strong Adult Themes

### ALL NEW EPISODES

Dr. Phil meets the sister of one of Jeffrey Dahmer's victims, who says the recent TV series glorified the man she calls "Satan," and meet two men who survived being tortured and terrorized by Dahmer.

**02:00 pm Australian Survivor Encore (Rpt)**

CC

### SPECIAL ENCORE PRESENTATION

Will Stevie follow his destiny and take out King George? Or will someone play their "idol" to sabotage an unsuspecting player?

**03:10 pm Entertainment Tonight**

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### ALL NEW EPISODES

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**03:30 pm Judge Judy (Rpt)**

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**04:00 pm Farm To Fork**

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### ALL NEW EPISODES

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**04:30 pm The Bold & The Beautiful**

CC PG

### ALL NEW EPISODES

Steffy and Hope attempt to dissuade Taylor from doing the right thing.

**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 Project**

CC

### ALL NEW EPISODES

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



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Tuesday 21st February 2023

**07:30 pm Australian Survivor** CC

## ALL NEW EPISODES

The biggest blunder in Survivor history turns Simon into public enemy number one. With no alliances left does he have any chance of survival?

**09:00 pm NCIS (Rpt)** CC M  
Violence

### Too Many Cooks

NCIS agents from L.A., Washington and Hawai'i are all in D.C. to attend the retirement party of a beloved training centre professor, but find themselves jointly investigating his shocking suicide.

Starring: Gary Cole, Sean Murray, David McCallum

Guest Starring: Chris O'Donnell, LI Cool J , Vanessa Lachey

**10:00 pm NCIS: Hawaii (Rpt)** CC M  
Violence

### Deep Fake

Jane, Jimmy Palmer and Sam Hanna get captured in D.C. by a woman claiming to be a CIA agent demanding intel from the team, and it all ties into the mysterious apparent suicide of the professor.

Starring: Vanessa Lachey, Alex Tarrant

Guest Starring: Gary Cole, Chris O'Donnell, LI Cool J , Brian Dietzen

**11:00 pm NCIS: Los Angeles (Rpt)** CC M  
Violence

### Long Time Coming, A

The NCIS team learn that all their members have a \$200,000 bounty on their heads, and must swing into action to save Agent Rountree while every cartel, hit man, gang and psychopath hunts them down.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

**12:00 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.

**01:00 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.

**02:00 am Home Shopping (Rpt)**

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**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

Wednesday 22nd February 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Farm To Fork (Rpt)**

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**07:30 am Good Chef Bad Chef (Rpt)**

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**08:30 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**09:00 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**09:30 am The Bold & The Beautiful Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Steffy and Hope attempt to dissuade Taylor from doing the right thing.

**10:00 am Studio 10**

CC PG

## LIVE

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**12:00 pm 10 News First: Midday**

CC

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# SYDNEY PROGRAM GUIDE

Wednesday 22nd February 2023

**01:00 pm Dr Phil**

CC M  
Strong Adult Themes

### ALL NEW EPISODES

Dr. Phil airs a previously unseen interview with Jeffrey Dahmer's father and stepmother that sheds light on the evil serial killer, providing chilling details about his bizarre childhood behaviors.

**02:00 pm Australian Survivor Encore (Rpt)**

CC

### SPECIAL ENCORE PRESENTATION

The biggest blunder in Survivor history turns Simon into public enemy number one. With no alliances left does he have any chance of survival?

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### ALL NEW EPISODES

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**04:30 pm The Bold & The Beautiful**

CC PG  
Violence,  
Mature Themes

### ALL NEW EPISODES

Taylor stuns Katie with a whopping confession! Delighted that Brooke and Hope hit up his new pizza spot, Deacon is forced to deflect when the conversation turns to Sheila.

**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 Project**

CC

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



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Wednesday 22nd February 2023

**07:30 pm The Dog House Australia**

CC PG  
Mild Themes

## ALL NEW EPISODES

Will 3-year old Ollie and his family find a forever friend in staffy puppy Tiger? Can Frankie the pup help Simon overcome a childhood dog attack trauma? And will Jaran be Liz and Scott's first dog?

**08:40 pm Fire Country**

CC PG  
Violence,  
Sexual References,  
Drug References

## ALL NEW EPISODES

### Happy To Help

Bode's crew is accused of stealing a designer watch from a fire mop up, and the crew responds to a high-stakes call about an extremely dangerous gas leak.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

**09:40 pm Bull (Rpt)**

CC M  
Mature Themes

### Espionage

TAC's defense strategy for a client on trial for going public with classified governments is compromised when Bull experiences emotional turmoil following his daughter's kidnapping.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**10:40 pm Bull (Rpt)**

CC M  
Violence

### Bull Undone

Bull contends with a biased jury pool when TAC represents a man charged with his high school girlfriend's murder after a docuseries depicts him as the prime suspect in the decades-old homicide

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**11:30 pm The Project Encore (Rpt)**

CC

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**12:30 am The Late Show With Stephen Colbert**

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## 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.



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# SYDNEY PROGRAM GUIDE

Thursday 23rd February 2023

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Violence,  
Mature Themes

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**10:00 am Studio 10**

CC PG

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**01:00 pm Dr Phil**

CC M  
Strong Adult Themes

## ALL NEW EPISODES

What creates a monster? Do chilling home videos of Jeffrey Dahmer as a little boy show an innocent child before he became evil? Or, were the signs already there? His father speaks out.

**02:00 pm Taskmaster Australia Encore (Rpt)**

CC PG  
Mild Coarse Language

## SPECIAL ENCORE PRESENTATION

Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of ridiculous tasks for our amusement.

**03:00 pm Entertainment Tonight**

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**04:30 pm The Bold & The Beautiful**

CC PG

## ALL NEW EPISODES

Deacon and Brooke express good feelings for one another. Sheila confronts Taylor about their past, present, and future. Carter is shocked when Katie reveals information about Bill.

**05:00 pm 10 News First**

CC

## LIVE

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**06:30 pm The Project**

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**07:30 pm Taskmaster Australia**

CC

## ALL NEW EPISODES

**08:30 pm Gogglebox Australia**

**NO  
CC**

## ALL NEW EPISODES

**09:30 pm Law & Order: S.V.U**

CC M  
Strong Adult Themes

## ALL NEW EPISODES

### Dead Ball

When an assault case against a popular Brazilian soccer player falls through amid a wall of non-disclosure agreements, Benson and the SVU dig into the suspect's past to uncover additional victims.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Octavio Pisano, Molly Burnett, Terry Serpico

**10:30 pm Law & Order: S.V.U (Rpt)**

CC M  
Strong Adult Themes

### The Five Hundredth

The past won't stay hidden as new DNA technology leads former SVU detective Nick Amaro and Olivia's ex-boyfriend Burton Lowe to seek help to overturn a wrongful conviction in one of Cragen's old cases

Starring: Mariska Hargitay, Ice T , Peter Scanavino

Guest Starring: Aidan Quinn, Dann Florek, Danny Pino

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# SYDNEY PROGRAM GUIDE

Friday 24th February 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Farm To Fork (Rpt)**

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**07:30 am Good Chef Bad Chef (Rpt)**

CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**08:30 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**09:00 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**09:30 am The Bold & The Beautiful Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Deacon and Brooke express good feelings for one another. Sheila confronts Taylor about their past, present, and future. Carter is shocked when Katie reveals information about Bill.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus weekdays from 10:00AM.

**12:00 pm 10 News First: Midday**

CC

## LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



# SYDNEY PROGRAM GUIDE

Friday 24th February 2023

**01:00 pm Dr Phil**

CC M  
Mature Themes

### ALL NEW EPISODES

Millions of people have had their most personal and private images posted online without their consent, including nude pictures or videos. It's revenge porn and it could happen to you!

**02:00 pm Jamie's Easy Meals For Every Day (Rpt)** CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Cauliflower Rice and Cajun Salmon.

Starring: Jamie Oliver

**02:30 pm Jamie's Easy Meals For Every Day (Rpt)** CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Stuffed Peppers and Chicken Noodle Soup.

Starring: Jamie Oliver

**03:00 pm Entertainment Tonight**

CC

### ALL NEW EPISODES

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

**03:30 pm Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**04:00 pm Farm To Fork**

CC G

### ALL NEW EPISODES

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**04:30 pm The Bold & The Beautiful**

CC PG

### ALL NEW EPISODES

Carter intervenes between Sheila and Katie.



# SYDNEY PROGRAM GUIDE

Friday 24th February 2023

<b>05:00 pm</b>	<b>10 News First</b>	CC	
<b>06:30 pm</b>	<b>The Project</b>	CC	
<b>07:30 pm</b>	<b>The Graham Norton Show</b>	CC	
<b>08:30 pm</b>	<b>Taskmaster Australia Encore (Rpt)</b>	CC	
<b>09:30 pm</b>	<b>Would I Lie To You? Australia Encore (Rpt)</b>	CC	M Coarse Language
<b>10:30 pm</b>	<b>Just For Laughs Australia (Rpt)</b>	CC	M Coarse Language
<b>11:00 pm</b>	<b>Just For Laughs Uncut (Rpt)</b>	CC	MA15+ Sexual References, Coarse Language
<b>11:30 pm</b>	<b>The Project Encore (Rpt)</b>	CC	

## LIVE

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

## ALL NEW EPISODES

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

## ALL NEW EPISODES

## SPECIAL ENCORE PRESENTATION

## SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley, with the help of some famous faces are back for Would I Lie To You? Guests Dave Hughes, Jaqui Lambie, Joel Creasey and Nina Oyama

JustFor Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Aaron Chen, Georgie Carrol & Nath Valvo.

## Sophie Buddle, Zainab Johnson, Julia Hladkowicz, Luisa Omielan

Join host Nikki Osborne for an all new season of adults-only laughs from the biggest names in comedy. Comics: Sophie Buddle, Zainab Johnson, Julia Hladkowicz, Luisa Omielan

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

Friday 24th February 2023

**12:30 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)

[Home Shopping](#)

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

[Home Shopping](#)

**04:30 am Home Shopping** (Rpt)

[Home Shopping](#)

**05:00 am Home Shopping** (Rpt)

[Home Shopping](#)

**05:30 am Home Shopping** (Rpt)

[Home Shopping](#)





# SYDNEY PROGRAM GUIDE

## Saturday 25th February 2023

<b>06:00 am</b>	<b>Reel Action</b> (Rpt)	CC	G	<b><u>Townsville Coral Trout</u></b> Guesty along with cricket legend Andrew Symonds, Jack Nolan and James Forster try a few different techniques to target coral trout.
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC	G	<b>ALL NEW EPISODES</b> <b><u>2309 Look Up When Others Are Looking Down, Part 03</u></b> Dr Michael Youssef speaks about the Word of God and offers hope.
<b>07:00 am</b>	<b>Freshly Picked With Simon Toohey</b> (Rpt)	CC	G	Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.
<b>07:30 am</b>	<b>Escape Fishing With ET</b> (Rpt)	CC		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.
<b>08:00 am</b>	<b>Exploring Off The Grid</b> (Rpt)	CC		True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
<b>08:30 am</b>	<b>What's Up Down Under</b> (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!
<b>09:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC	G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
<b>09:30 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	G	Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
<b>10:00 am</b>	<b>Studio 10: Saturday</b>	CC	PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
<b>12:00 pm</b>	<b>Pat Callinan's 4x4 Adventures</b> (Rpt)	CC	G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.



# SYDNEY PROGRAM GUIDE

Saturday 25th February 2023

<b>01:00 pm</b>	<b>The Offroad Adventure Show</b> (Rpt)	CC G	Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.
<b>02:00 pm</b>	<b>All 4 Adventure</b> (Rpt)	CC PG Mild Coarse Language	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.
<b>03:00 pm</b>	<b>What's Up Down Under</b>	CC	<b>ALL NEW EPISODES</b>  Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>03:30 pm</b>	<b>Cook With Luke</b> (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.
<b>04:00 pm</b>	<b>Farm To Fork</b> (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
<b>04:30 pm</b>	<b>Taste Of Australia With Hayden Quinn</b> (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
<b>05:00 pm</b>	<b>10 News First</b>	CC	<b>LIVE</b>  Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:00 pm</b>	<b>Bondi Rescue</b> (Rpt)	CC PG Coarse Language, Mature Themes	Two brothers share an extraordinary tale of how they used resuscitation techniques learned by watching Bondi Rescue on someone who was struck by lightning.
<b>06:30 pm</b>	<b>To Be Advised</b>		



# SYDNEY PROGRAM GUIDE

Saturday 25th February 2023

**07:30 pm NCIS: Los Angeles**

CC M  
Violence

## ALL NEW EPISODES

### Let IT Burn

NCIS investigates an arson attack at Global West Ventures Corp, a naval defense contractor. Also, Rountree connects with an ex and Kilbride gives Callen files on Pembroke.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

**08:30 pm FBI: International**

CC M  
Violence,  
Drug References,  
Mature Themes

## ALL NEW EPISODES

### Shouldn't Have Left Her

Raines goes rogue when his sister gets abducted in Kosovo, putting his job and his life on the line to find her. Meanwhile, Kellett and Forrester face further scrutiny from inside the Bureau.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

**09:30 pm FBI: International**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Left Of Boom

The Fly Team lands in hot water when Vo is found at the scene where a Hungarian gambling regulator was murdered, seemingly by an old friend who attended Quantico with Vo.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

**10:30 pm TBA**

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

CC M  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Espionage

TAC's defense strategy for a client on trial for going public with classified governments is compromised when Bull experiences emotional turmoil following his daughter's kidnapping.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**12:30 am Bull (Rpt)**

CC M  
Violence

## SPECIAL ENCORE PRESENTATION

### Bull Undone

Bull contends with a biased jury pool when TAC represents a man charged with his high school girlfriend's murder after a docuseries depicts him as the prime suspect in the decades-old homicide

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



# SYDNEY PROGRAM GUIDE

## Saturday 25th February 2023

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.