



SYDNEY PROGRAM GUIDE

Sunday 16th April 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

041623 Where Do We Go From Here? Interview With Dr. David Jeremiah
Dr. Jeremiah and Sheila Walsh discuss key issues from the series Where Do We Go From Here?

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

ALL NEW EPISODES

469 - Hope For The Third-Day Generation

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 Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

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

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

09:00 am Luca's Key Ingredient CC G

ALL NEW EPISODES

Luca shows us his favourite recipes using today's key ingredient, potato.

09:30 am Destination Dessert (Rpt) CC G

From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.



SYDNEY PROGRAM GUIDE

Sunday 16th April 2023

10:00 am Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
12:00 pm To Be Advised		
01:30 pm Bondi Rescue (Rpt)	CC PG Coarse Language	It's been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it's a challenge the lifeguards are only too keen to accept.
02:00 pm Luxury Escapes (Rpt)	CC G	Canada Join Sophie as she experiences the winter wonderland magic of Canada's West. She also visits Vancouver, the vibrant waterfront city with nature on its doorstep & home to the foodies' paradise Gastown.
02:30 pm My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
03:00 pm Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.
04:00 pm Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
05:00 pm 10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Sunday 16th April 2023

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 I'm A Celebrity...Get Me Out Of Here! CC PG
Sexual References, Coarse Language, Mature Themes, May Contain:

ALL NEW EPISODES

The scariest trial 'The Viper Room' is back, and hosts Julia Morris and Chris Brown say farewell to the first celebrity eliminated from the jungle.

09:00 pm NCIS: Hawaii CC M
Violence

ALL NEW EPISODES

Family Ties

When Navy residents find their vehicles burglarized overnight, the NCIS team connects it to a series of peculiar crimes and tracks down an unlikely bandit. Whistler struggles with an uncooperative CI.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson

10:00 pm FBI (Rpt) CC M
Violence, Mature Themes

ONE Night Stand

When a young couple is found murdered after a trip to Mexico, Scola struggles working alongside an agent he once had a one night stand with, as the FBI search for a suspect linked to the drug trade.

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

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)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 16th April 2023

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 17th April 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

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 (Rpt)

CC PG

Deacon and Sheila go over the pros and cons of her current situation. Hope revels in working side by side with Thomas on her fashion line.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Middy

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Monday 17th April 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Dr. Phil discusses the issue of whether the body positivity movement has gone too far. With 36.5% of Americans considered overweight and 32.5% obese, are we doing too much to celebrate the plus-sized?

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Bill proposes marriage to a skeptical Sheila. Finn and Steffy revel in their shared moments together.

05:00 pm 10 News First

CC

LIVE

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

ALL NEW EPISODES

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm I'm A Celebrity...Get Me Out Of Here!

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

12 celebrities are still surviving the jungle - all in the hope of winning money for their chosen charity.

ALL NEW EPISODES

09:00 pm Ghosts

CC PG
Sexual References,
Coarse Language,
Mild Horror

Ghost Father Of The Bride

After learning that Pete's daughter, Laura, is getting married, Sam, at Pete's behest, tries to convince her to hold her wedding at the Woodstone bed-and-breakfast.

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



SYDNEY PROGRAM GUIDE

Monday 17th April 2023

09:30 pm FBI: Most Wanted

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Crypto Wars

The team chase after the suspects behind an Ohio energy plant explosion and are led toward a crypto company with enemies looking to take it down. Remy and his sister close a chapter in their lives.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes, Rebecca Brooksher

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Patriots

Kristin Gaines joins the Fugitive Task Force as they head to Washington to find a dangerous fugitive from a right-wing militia group who is killing people in support of the January 6th Capitol rioters

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Jen Landon

11:30 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.

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



SYDNEY PROGRAM GUIDE

Monday 17th April 2023

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 18th April 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, 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

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 (Rpt)

CC PG

Bill proposes marriage to a skeptical Sheila. Finn and Steffy revel in their shared moments together.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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 18th April 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Workplace bullying can include verbal attacks, isolation, rumours, and humiliation. Learn what to do about it, how to overcome the psychological trauma, and how to make sure it doesn't happen again.

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Sheila and Bill's relationship takes a twisted turn. Brooke gives Katie advice about Carter.

05:00 pm 10 News First

CC

LIVE

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

ALL NEW EPISODES

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm I'm A Celebrity...Get Me Out Of Here!

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

The camp faces it's second elimination - who will be the next celebrity to leave the jungle?

SPECIAL EVENT

09:00 pm Grease: Rise Of The Pink Ladies

CC PG
Sexual References,
Coarse Language,
Mature Themes,
Nudity



SYDNEY PROGRAM GUIDE

Tuesday 18th April 2023

10:15 pm NCIS (Rpt)

CC M
Violence

Peacekeeper

NCIS investigates the case of a Navy reservist whose body is found in a beat-up car at the end of a gun range. Also, Kasie weighs the pros and cons of buying a gun

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll

11:05 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.

12:05 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.

01:00 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

Wednesday 19th April 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

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 (Rpt)

CC PG

Sheila and Bill's relationship takes a twisted turn. Brooke gives Katie advice about Carter.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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

Wednesday 19th April 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Are laws that ban transgender women from participating in women's sports fair, or should they only compete with athletes who share the gender they were assigned at birth? What does the science say?

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Sheila's newest crazy scheme blindsides Deacon. Bill and Ridge up the ante in their quest to imprison Sheila.

05:00 pm 10 News First

CC

LIVE

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

ALL NEW EPISODES

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm I'm A Celebrity...Get Me Out Of Here!

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

The campmates face a disgusting food trial, and yet another celebrity will be eliminated.

ALL NEW EPISODES

09:00 pm Law & Order: S.V.U

CC

King Of The Moon

A famous writer suffering with dementia confesses to murder, but Benson believes there's more to the case. With squadroom rumours swirling, Fin presses Velasco for the truth about the taped confession

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano

Guest Starring: Bradley Whitford



SYDNEY PROGRAM GUIDE

Wednesday 19th April 2023

10:00 pm Fire Country

CC M
Violence

ALL NEW EPISODES

False Promises

As Sharon and Jake wait for the transplant operation to begin, Eve's life is threatened when a massive tree falls on her during an assignment, forcing Bode to step up and lead the rescue efforts.

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

11:00 pm Bull (Rpt)

CC M
Violence,
Mature Themes

The Diana Affair

Personal conflicts abound for the TAC team when Bull asks them to lead the defense for his ex-girlfriend, and Chunk finds himself defending Diana in court against his boyfriend and prosecutor, Robert.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

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)

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



SYDNEY PROGRAM GUIDE

Wednesday 19th April 2023

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

Thursday 20th April 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

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 (Rpt)

CC PG

Sheila's newest crazy scheme blindsides Deacon. Bill and Ridge up the ante in their quest to imprison Sheila.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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

Thursday 20th April 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Some believe self-censorship is a big problem today with the idea that someone can be "canceled" for their words and blocked from having a prominent public platform or career for sharing their opinion

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Finn vows to protect Steffy at all costs. A bold act of unexpected deception paves the way for justice.

05:00 pm 10 News First

CC

LIVE

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

ALL NEW EPISODES

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm I'm A Celebrity...Get Me Out Of Here!

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

A past King of the Jungle makes a special appearance in camp, and another celebrity will be eliminated.

ALL NEW EPISODES

09:00 pm Gogglebox Australia

CC

Our favourite couch commentators return for a new season. Join the Goggleboxers as they watch the best and worst of television in 2023.



SYDNEY PROGRAM GUIDE

Thursday 20th April 2023

10:00 pm Ivan Aristeguieta: Happy Papi

CC M
Sexual References,
Coarse Language

Ivan Aristeguieta: Happy Papi

Ivan Aristeguieta, salsa dances his way across the Malthouse stage in the hilarious Happy Papi. Like a chorizo in a vegan burrito, happiness can be found in the most unexpected of places.

11:30 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.

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 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 21st April 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

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 (Rpt)

CC PG

Finn vows to protect Steffy at all costs. A bold act of unexpected deception paves the way for justice.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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 21st April 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

The "self-censorship" debate continues. Which public figures are fighting back against cancel culture? And, Dr. Phil takes a closer look at a list of terms that are now allegedly off limits.

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

The Forresters and Logans gather together, curious about Ridge's cryptic invitation.

LIVE

05:00 pm 10 News First

CC

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

ALL NEW EPISODES

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm Bondi Rescue 2023

CC PG
Coarse Language,
Mature Themes

08:00 pm Bondi Rescue (Rpt)

CC PG
Mature Themes

A body retrieval is the job Bondi lifeguards dread the most. So it's with a heavy heart that Will and Mario go out to investigate a reported body sighting off the coast.



SYDNEY PROGRAM GUIDE

Friday 21st April 2023

08:30 pm Ambulance Australia (Rpt)	CC M Violence, Coarse Language, Mature Themes	Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.
09:30 pm Territory Cops (Rpt)	CC PG Coarse Language, Drug References, Mature Themes	A man wanted for a serious domestic violence charge, has trapped himself on a balcony and is throwing missiles at police below. Will police negotiators be able to end the siege before tragedy ensues?
10:00 pm Territory Cops (Rpt)	CC M Mature Themes	A woman convinces the man she's hitching a ride with to stop off and buy her a pie. When he's inside, she takes the car and drives off, hitting him on her way and a police chase to arrest her ensues.
10:30 pm Ambulance Australia (Rpt)	CC M Coarse Language, Mature Themes	Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.
11:30 pm The Project Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>Join the Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
12:30 am The Late Show With Stephen Colbert	CC PG	<p>ALL NEW EPISODES</p> <p>Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.</p>
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>



SYDNEY PROGRAM GUIDE

Friday 21st April 2023

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 22nd April 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Fishing The Gladstone Region</u></p> <p>Gladstone offers a range of fishing experiences. Guesty, Justin Nye and Danny Johns hit the shipping channel targeting queenfish before turning their attention towards saltwater barra.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES</p> <p><u>2317 Growing In Your Love For Jesus: Part 2</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>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.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC	<p>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.</p>
08:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
09:00 am	Farm To Fork (Rpt)	CC PG	<p>Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.</p>
12:00 pm	To Be Advised		



SYDNEY PROGRAM GUIDE

Saturday 22nd April 2023

01:30 pm Roads Less Travelled (Rpt) CC G

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.

02:00 pm All 4 Adventure (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.

03:00 pm What's Up Down Under CC

ALL NEW EPISODES

Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!

03:30 pm My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

04:00 pm Farm To Fork (Rpt) CC G

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

04:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

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 Bondi Rescue 2023 Encore (Rpt) CC PG
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION



SYDNEY PROGRAM GUIDE

Saturday 22nd April 2023

06:30 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

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 Blue Bloods

CC M
Violence

ALL NEW EPISODES

Close To Home

Danny helps Texas Ranger Waylon Gates deliver an infamous drug cartel boss to arraignment, Erin takes on a high profile assault case, and Eddie forms an unlikely alliance to solve a cold murder case.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray

Guest Starring: Lyle Lovett

09:30 pm CSI: Vegas

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Ashes, Ashes

A silver ink note threatening Maxine Roby's life is found at the crime lab, sending the entire CSI team into action to crack who is behind the notes and how they connect to other murder cases.

Starring: Marg Helgenberger, Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Lex Medlin

10:30 pm NCIS: Hawaii Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Family Ties

When Navy residents find their vehicles burglarized overnight, the NCIS team connects it to a series of peculiar crimes and tracks down an unlikely bandit. Whistler struggles with an uncooperative CI.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson

11:30 pm Fire Country Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

False Promises

As Sharon and Jake wait for the transplant operation to begin, Eve's life is threatened when a massive tree falls on her during an assignment, forcing Bode to step up and lead the rescue efforts.

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



SYDNEY PROGRAM GUIDE

Saturday 22nd April 2023

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 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.