



# SYDNEY PROGRAM GUIDE

Sunday 07th May 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

### 050723 A Biological Prophecy - Pandemic

The book of Revelation warns of plagues & possible pandemics during the Tribulation. It is important to serve & love others during uncertain events like pandemics.

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

## ALL NEW EPISODES

### 472 - Fresh Supply For Today's Needs

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

### Jo889r

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, coffee

**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.



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## Sunday 07th May 2023

<b>10:00 am</b>	<b>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</b>	<b>To Be Advised</b>		
<b>01:10 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
<b>01:30 pm</b>	<b>Bondi Rescue (Rpt)</b>	CC PG	When the big surf comes to Bondi, lifeguards are on high alert to help surfers separated from their boards in pounding seas. Later, Harrison performs his most challenging rescue yet on Australia Day.
<b>02:00 pm</b>	<b>Luxury Escapes (Rpt)</b>	CC G	<b><u>Western Australia</u></b> Cameron gets his 'outback on' and escapes first to the Kimberley in WA, and then to Australia's red centre where he's joined by MasterChef host, Mel Leong to sample some local delicacies.
<b>02:30 pm</b>	<b>My Market Kitchen (Rpt)</b>	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.
<b>03:00 pm</b>	<b>Pat Callinan's 4x4 Adventures (Rpt)</b>	CC G	Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.
<b>04:00 pm</b>	<b>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</b>	<b>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.
<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.



# SYDNEY PROGRAM GUIDE

Sunday 07th May 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 MasterChef Australia**

CC PG  
Mild Themes

## ALL NEW EPISODES

**09:00 pm NCIS: Hawaii**

CC M  
Violence

## ALL NEW EPISODES

### Cabin Fever

After the mysterious death of an astronaut in a highly sensitive Mars simulation, the NCIS team must send Ernie into the habitat to investigate alone.

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

**10:00 pm FBI (Rpt)**

CC M

### Face Off

Isobel finds herself subject to unwelcome scrutiny when a morning show host is murdered, and the team realize that a serial killer is targeting powerful women.

Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner, Shantel Van Santen

**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

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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

Monday 08th May 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 (Rpt)**

CC PG

Brooke is flattered when she is asked on a date. Liam decides to confront Thomas about Hope

**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

Monday 08th May 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

### ALL NEW EPISODES

The gruesome murder of four university students in Moscow, Idaho remained a mystery for seven weeks until law officials finally tracked down a suspect. Learn the latest about this disturbing case.

**02:00 pm To Be Advised**

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

CC PG

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**04:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

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

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

CC PG

### ALL NEW EPISODES

Hope asks Steffy for a considerable favor. Brooke confides in Taylor about Hope.

**05:00 pm 10 News First**

CC

### LIVE

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

**06:30 pm The Project**

CC

### ALL NEW EPISODES

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

**07:30 pm MasterChef Australia**

CC PG  
Mild Coarse Language,  
Mild Themes

### ALL NEW EPISODES

**08:40 pm Ghosts**

CC PG  
Sexual References

### ALL NEW EPISODES

#### Whodunnit

Sam, Jay and the ghosts go into detective mode when Sam is given one last podcast episode to wrap up Alberta's murder. Trevor, Flower and Pete discover an email from a Nigerian prince asking for help.

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



# SYDNEY PROGRAM GUIDE

Monday 08th May 2023

**09:10 pm FBI: Most Wanted**

CC M  
Violence

## ALL NEW EPISODES

### Wanted: America

A star triathlete is found brutally murdered, and while the FBI pursue one of her teammates, Remy teams up with a true crime show producer and old flame who wants to film the increasingly bizarre case

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

Guest Starring: Mike Pniewski

**10:00 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Sexual References,  
Mature Themes

### Unhinged

Things have changed for Hana as she rejoins the team, who discover that a deadly fire at a bowling arcade was just the first step in an intricate plan to exact revenge on one of the victims.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

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

CC

## SPECIAL ENCORE PRESENTATION

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**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.

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

Home Shopping

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

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

Home Shopping

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

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# SYDNEY PROGRAM GUIDE

## Monday 08th May 2023

**03:30 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 09th May 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.

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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.

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

CC PG

Hope asks Steffy for a considerable favor. Brooke confides in Taylor about Hope.

**10:00 am Studio 10**

CC PG

## LIVE

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**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 09th May 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

### ALL NEW EPISODES

The suspect in the quadruple murder of four university students in Moscow, Idaho, Bryan Kohberger, has an interesting past. Childhood friends of Kohberger's speak out about the type of person he was.

**02:00 pm To Be Advised**

**03:10 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 My Market Kitchen**

CC

### SEASON PREMIERE

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.

**04:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

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

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

CC PG

### ALL NEW EPISODES

In this special stand-alone 9,000th episode, The Bold and the Beautiful celebrates what matters most in life, love, and family.

**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

Tuesday 09th May 2023

**07:30 pm MasterChef Australia**

CC PG  
Coarse Language,  
Mild Themes

## ALL NEW EPISODES

**08:40 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## SEASON PREMIERE

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

**09:40 pm NCIS**

CC

## ALL NEW EPISODES

### In The Spotlight

Agent Knight goes viral for saving a mother and child from a potentially fatal car accident.

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

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

CC M  
Violence

### Docked

NCIS investigates the death of a man on a cruise ship whose body is discovered in the ship's sauna by none other than McGee's mother-in-law, Judy

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

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

CC

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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 10th May 2023

**06:00 am The Talk**

CC PG  
Mature Themes

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CC PG

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CC G

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**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

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**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

In this special stand-alone 9,000th episode, The Bold and the Beautiful celebrates what matters most in life, love, and family.

**10:00 am Studio 10**

CC PG

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

CC

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# SYDNEY PROGRAM GUIDE

Wednesday 10th May 2023

**01:00 pm Dr Phil**

CC M  
Drug Use,  
Mature Themes

## ALL NEW EPISODES

Who should be held responsible when minors break the law? Should prosecutors offer juvenile delinquents resources instead of punishing them? Parents compare their experiences with teens and the law.

**02:00 pm To Be Advised**

## ALL NEW EPISODES

**03:10 pm Entertainment Tonight**

CC

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**03:30 pm My Market Kitchen**

CC

## ALL NEW EPISODES

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.

**04:00 pm Good Chef Bad Chef**

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## ALL NEW EPISODES

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

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

CC PG

## ALL NEW EPISODES

Sheila confronts Bill for his ultimate betrayal. Hope and Deacon get the full attention of the wait staff at Il Giardino.

**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

Wednesday 10th May 2023

**07:30 pm MasterChef Australia**

CC PG  
Mild Coarse  
Language,  
Mild Themes

**08:40 pm To Be Advised**

**09:40 pm Law & Order: S.V.U**

CC

## ALL NEW EPISODES

## ALL NEW EPISODES

### Bubble Wrap

A construction tycoon interferes with an SVU investigation into her family. Carisi struggles to get an indictment when the complainant backs down.

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

## ALL NEW EPISODES

### Off The Rails

The crews respond to the scene of a train crash where the rescue has the potential to spiral out of control when they discover the train is full of illicit cargo.

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

**10:40 pm Fire Country**

CC M  
Violence

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

CC M  
Violence,  
Sexual References,  
Mature Themes

### Opening Up

Marissa and Chunk are tasked with defending a tech CEO accused of wrongfully terminating an employee. Also, Danny contemplates what she wants out of life following a near-death experience.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**12:30 am The Project Encore (Rpt)**

CC

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**01:30 am The Late Show With Stephen Colbert**

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**Home Shopping**

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

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**Home Shopping**

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

**Home Shopping**

**04:30 am CBS Mornings**

CC

### **ALL NEW EPISODES**

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# SYDNEY PROGRAM GUIDE

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CC PG  
Mature Themes

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

CC PG

Sheila confronts Bill for his ultimate betrayal. Hope and Deacon get the full attention of the wait staff at Il Giardino.

**10:00 am Studio 10**

CC PG

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

CC

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# SYDNEY PROGRAM GUIDE

Thursday 11th May 2023

**01:00 pm Dr Phil**

CC M  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

A university football player says that he is just one of thousands of victims of abuse by their doctor. Plus, a gymnast says that her doctor sexually abused her for years in plain sight.

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## ALL NEW EPISODES

Carter questions Katie about a possible change of heart. Deacon puts a new plan in motion regarding his love for Sheila Carter.

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CC

## ALL NEW EPISODES

**08:40 pm The Bridge**

CC M  
Mild Coarse  
Language

## ALL NEW EPISODES

**10:10 pm To Be Advised**

**11:10 pm Law & Order: S.V.U (Rpt)**

CC M  
Mature Themes

### **If I Knew Then What I Know Now**

A young adopted woman asks Benson for help upon learning that her birth mother has no memory of the night that she was conceived. Carisi and Rollins weigh the risks of taking their relationship public

Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Ari'el Stachel

Guest Starring: Lisa Joyce

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CC PG

Carter questions Katie about a possible change of heart. Deacon puts a new plan in motion regarding his love for Sheila 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

Friday 12th May 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

### ALL NEW EPISODES

DNA testing is bringing the era of keeping family secrets to a close. Today, several guests share their DNA shockers. Plus, find out what you should know before taking a DNA test.

**02:00 pm To Be Advised**

### ALL NEW EPISODES

**03:10 pm Entertainment Tonight**

CC

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

**03:30 pm My Market Kitchen**

CC

### ALL NEW EPISODES

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.

**04:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

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

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

CC PG

### ALL NEW EPISODES

Sheila makes a true confession to Deacon. Bill puts Katie on the spot in front of Carter. Ridge, Forrester, Jr. returns home from Europe!

**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

Friday 12th May 2023

## ALL NEW EPISODES

<b>07:30 pm Bondi Rescue 2023</b>	CC PG Coarse Language, Mature Themes	Glick's jetski does something unexpected. Chase & Will race to the north of Bondi after reports a man has fallen off the cliff. Whippet's brought to tears upon seeing how money he raised changed lives
<b>08:00 pm Bondi Rescue (Rpt)</b>	CC PG	On the hottest day of summer, Hoppo rescues an international student drowning in waist deep water metres from shore, while Evo finds a semi-conscious woman being carried out of the surf.
<b>08:30 pm Ambulance Australia (Rpt)</b>	CC M Coarse Language, Mature Themes	It's one of the busiest days of the year for paramedics, Australia Day. Faced with an increase in alcohol related calls Sam & Tammy attend to a man passed out in the middle of the road in his car.
<b>09:30 pm Territory Cops (Rpt)</b>	CC PG Violence, Coarse Language, Mature Themes	Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force - the Northern Territory Police.
<b>10:00 pm Territory Cops (Rpt)</b>	CC M Violence, Drug References	Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force - the Northern Territory Police.
<b>10:30 pm Ambulance Australia (Rpt)</b>	CC M Violence, Coarse Language, Drug References, Mature Themes	Paramedics, Rick and Amie's easy morning is shaken by a serious call: a 51 year old male is suffering a heart attack & they are the closest responders. It is a race against the clock to save his life.

## SPECIAL ENCORE PRESENTATION

<b>11:30 pm The Project Encore (Rpt)</b>	CC	Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
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# SYDNEY PROGRAM GUIDE

Friday 12th May 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 13th May 2023

<b>06:00 am</b>	<b>Reel Action</b> (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC G	<p><b>ALL NEW EPISODES</b>  <b><u>2320 Growing In Your Love For Jesus: Part 5</u></b>            Dr Michael Youssef speaks about the Word of God and offers hope.</p>
<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>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>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>Farm To Fork</b> (Rpt)	CC PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
<b>09:30 am</b>	<b>Good Chef Bad Chef</b> (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.
<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>To Be Advised</b>		



# SYDNEY PROGRAM GUIDE

Saturday 13th May 2023

**01:10 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.

**01:30 pm Pat Calinan's 4x4 Adventures** (Rpt) CC G

Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.

**02:30 pm Everyday Gourmet With Justine Schofield** (Rpt) CC G

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

**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 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.

**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

Glick's jetski does something unexpected. Chase & Will race to the north of Bondi after reports a man has fallen off the cliff. Whippet's brought to tears upon seeing how money he raised changed lives



# SYDNEY PROGRAM GUIDE

Saturday 13th May 2023

**06:30 pm The Dog House**

CC PG  
Mild Themes

## ALL NEW EPISODES

Looking to find a new home are Millie and Max, a couple of Jack Russell cross pugs, a pooch called Little Little Rex, a 13-week-old Jack Russell puppy called Albie and escape artist Lily the beagle.

**07:30 pm Raiders Of The Lost Ark (Rpt)(1981)**

CC M  
Violence

## MOVIE

In 1936, archaeologist and bullwhip-wielding adventurer Indiana Jones is hired by the U.S. government to find the Ark of the Covenant before Adolf Hitler's Nazis can obtain its awesome powers.

Starring: Harrison Ford, Karen Allen, John Rhys-Davies, Denholm Elliott, Paul Freeman

**10:00 pm To Be Advised**

**11:00 pm Fire Country Encore (Rpt)**

CC M  
Violence

## SPECIAL ENCORE PRESENTATION

### Off The Rails

The crews respond to the scene of a train crash where the rescue has the potential to spiral out of control when they discover the train is full of illicit cargo.

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

**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

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

Home Shopping



# SYDNEY PROGRAM GUIDE

## Saturday 13th May 2023

**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.