



# SYDNEY PROGRAM GUIDE

Sunday 14th 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

### 051423 A Financial Prophecy - Economic Chaos

Much of the world's attention is focused on the global economy, and one day the Antichrist and False Prophet will seek a one-world economic system.

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

## ALL NEW EPISODES

### 473 - Supernatural Supply In Difficult Times

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

### Jo956

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, zucchini flowers

**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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<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	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>02:00 pm</b>	<b>Luxury Escapes (Rpt)</b>	CC PG	<b>Maldives</b> Sophie Falkiner welcomes her new co-host, Cameron Daddo, on board for series five before taking advantage of international travel re-opening with an escape to the Maldives.
<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>The Offroad Adventure Show (Rpt)</b>	CC G	This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt.
<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.



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**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 before another person winds up dead.

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

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

CC M  
Violence

### Ghost From The Past

The murder of a TSA agent leads the team to hunt down a killer who is using drug mules to exploit airport security checkpoints. OA struggles to cope on the 10th anniversary of his army friend's death.

Starring: Zeeko Zaki, Jeremy Sisto, Shantel Vansanten, John Boyd, Alana De La Garza, 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)**

### 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 15th 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 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.

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

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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)**

CC G

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

**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

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

**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 15th May 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

Not only is vaping physically damaging, but it's become a real point of contention and stress within families of teen users. Hear what psychiatrists have to say about the damaging effects of vaping.

**02:00 pm To Be Advised**

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

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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

A warm family reunion ensues after Ridge, Jr. returns home. Thomas flips Taylor's question back on her about Brooke and Ridge's only son, Ridge Junior, being back in town.

**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 Themes

## ALL NEW EPISODES

**08:40 pm To Be Advised**



# SYDNEY PROGRAM GUIDE

Monday 15th May 2023

**09:40 pm Just For Laughs Australia**

CC MA15+  
Sexual References,  
Coarse Language

## ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Urzila Carlson, Jay Pharoah and Aunty Donna. Strap yourselves in for half an hour of non-stop laughs

**10:10 pm Ghosts**

CC M  
Sexual References

## SEASON FINALE

### The Heir

When a woman shows up claiming to be the rightful heir to Woodstone Mansion, Sam and Jay enlist the help of a lawyer. And a surprise event takes place that could dramatically change life at the manor.

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

**10:40 pm FBI: Most Wanted (Rpt)**

CC M  
Frequent Violence

### Lovesick

The team attempts to hunt down a family annihilator before he continues his murder spree. Barnes' intrusive mother puts pressure on her marriage.

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

**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



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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 16th 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)**

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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.

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

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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)**

CC G

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

**08:30 am Entertainment Tonight**

CC

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CC PG

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**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.



# SYDNEY PROGRAM GUIDE

Tuesday 16th May 2023

**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.

**01:00 pm Dr Phil**

CC PG  
Coarse Language,  
Mature Themes

**ALL NEW EPISODES**

Laura has driven drunk thousands of times but has only been "caught" three times. Laura says that she couldn't forgive herself if she hurt someone, but can't seem to fight her addiction.

**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**

Steffy defends her decisions about Thomas to Liam. Ridge, Jr. receives a lucrative offer from his father.

**05:00 pm 10 News First**

CC

**LIVE**

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



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**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

## ALL NEW EPISODES

**08:40 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## ALL NEW EPISODES

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

### Second Opinion

NCIS works to solve the murder of a senator's daughter who has a rebellious reputation and large online following. Also, Jimmy gets competitive with an old college rival.

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

**10:40 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

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

CC

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## Tuesday 16th May 2023

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02:00 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

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



# SYDNEY PROGRAM GUIDE

Wednesday 17th May 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

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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)**

CC G

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

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

CC

## SPECIAL ENCORE PRESENTATION

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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

Steffy defends her decisions about Thomas to Liam. Ridge, Jr. receives a lucrative offer from his father.

**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 17th May 2023

**01:00 pm Dr Phil**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Lying about her sobriety and hiding her drinking for weeks, Laura says she wants to stop drinking alcohol but every time she tries to get sober, the alcohol wins. Will Laura decide to change her life?

**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**

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

Liam confides in Wyatt about his struggle with Thomas and Hope. Ridge commemorates his blended family's reunion for all eternity.

**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 17th May 2023

**07:30 pm MasterChef Australia** CC

## ALL NEW EPISODES

**08:40 pm North Shore** CC

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### Bend The Law

Carisi must tread carefully when Maxwell's husband becomes a person of interest in an SVU investigation. Benson sends Velasco to take an old friend into custody.

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

**10:40 pm Fire Country** CC M  
Violence,  
Drug References,  
Medical Procedures

## ALL NEW EPISODES

### Watch Your Step

The Station 42 crew responds to an out-of-control underground blaze at a wellness retreat, and tensions run high as the Three Rock crew tries to protect one of their own from a dangerous overdose.

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

**11:40 pm Bull (Rpt)** CC M  
Violence,  
Mature Themes

### The Envelope, Please

Bull breaks from the stress he's been under for months when a mysterious delivery causes him to blackout for hours, leaving him with no memory of his movements.

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** CC PG

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

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**04:30 am CBS Mornings**

CC

### **ALL NEW EPISODES**

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





# SYDNEY PROGRAM GUIDE

Thursday 18th May 2023

**06:00 am The Talk**

CC PG  
Mature Themes

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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.

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

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CC PG

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CC PG

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# SYDNEY PROGRAM GUIDE

Thursday 18th May 2023

**01:00 pm Dr Phil**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Investigators unraveled a web of twisted lies and manipulation after "Supermom" Sherri Papini claimed to have been abducted while jogging by two women who branded her and planned to sex traffic her.

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## ALL NEW EPISODES

**03:10 pm Entertainment Tonight**

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

CC PG

## ALL NEW EPISODES

Finn worries when Steffy confronts Sheila in prison. Bill lays out his plan to win back Katie to Liam and Wyatt.

**05:00 pm 10 News First**

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07:30 pm **MasterChef Australia** CC

## ALL NEW EPISODES

08:40 pm **The Bridge** CC M  
Mild Coarse Language

09:40 pm **To Be Advised**

10:40 pm **Law & Order: S.V.U**(Rpt) CC M  
Violence, Mature Themes

### Video Killed The Radio Star

Benson investigations allegations against a popular radio personality after encountering him at a lavish gala. Rollins unearths another crime when she goes undercover to beguile and trap the shockjock

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

Guest Starring: Jake Weber

## SPECIAL ENCORE PRESENTATION

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CC PG  
Mature Themes

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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

Finn worries when Steffy confronts Sheila in prison. Bill lays out his plan to win back Katie to Liam and Wyatt.

**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 19th May 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

Last year, Americans lost over \$5.6 billion from phishing, vishing, smishing, and whaling – and that's only what was reported. Learn how sly scam artists think and why their grifts are so successful.

**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

Brooke attempts to ease Carter's fears about Dollar Bill. Sheila receives a surprise visitor in prison.

**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 19th May 2023

**07:30 pm Bondi Rescue 2023**

CC PG  
Mature Themes,  
Nudity

**08:00 pm Bondi Rescue (Rpt)**

CC PG

## ALL NEW EPISODES

A rough tackle brings a game of beach gridiron to a shuddering halt. Is it the intense pain or five hours of drinking that leads to the patient leaving a mess on the promenade?

**08:30 pm To Be Advised**

**09:30 pm The Graham Norton Show (Rpt)**

CC M  
Coarse Language

Graham is joined by Bono, Taylor Swift, Eddie Redmayne and Alex Scott. Finishing off proceedings in style, Lady Blackbird performs her uplifting new single 'Feel It Comin'.

**10:30 pm The Graham Norton Show (Rpt)**

CC M  
Sexual References,  
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Andrew Garfield, Dawn French, Channing Tatum, Rob Beckett, Johannes Radebe and Natalie Imbruglia.

## SPECIAL ENCORE PRESENTATION

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

CC

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

## ALL NEW EPISODES

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

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

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

**Home Shopping**

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

**Home Shopping**



# SYDNEY PROGRAM GUIDE

## Friday 19th May 2023

<b>02:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>04:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>





# SYDNEY PROGRAM GUIDE

## Saturday 20th 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>2321 Growing In Your Love For Jesus: Part 6</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 20th 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 Callinan's 4x4 Adventure (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 Haydn 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  
Mature Themes,  
Nudity

### SPECIAL ENCORE PRESENTATION

**06:30 pm The Dog House** CC PG  
Mild Themes

### ALL NEW EPISODES

Timid puppy Harry seeks a new home, while Hamish chews over whether to share his beloved toy with potential owner Jacqui. Will Lily do another runner or stay put for a cuddle with ex-policeman Stuart?



# SYDNEY PROGRAM GUIDE

Saturday 20th May 2023

**07:30 pm Indiana Jones And The Temple Of Doom (Rpt)(1984)**

CC PG  
Violence

## MOVIE

In 1935, Indiana Jones arrives in India and is asked to find a mystical stone. He then stumbles upon a secret cult committing enslavement and human sacrifices in the catacombs of an ancient palace.

Starring: Harrison Ford, Kate Capshaw, Ke Huy Quan, Amrish Puri, Roshan Seth

**09:55 pm To Be Advised**

**11:00 pm NCIS Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

### Second Opinion

NCIS works to solve the murder of a senator's daughter who has a rebellious reputation and large online following. Also, Jimmy gets competitive with an old college rival.

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

**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

**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

## Saturday 20th May 2023

**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.