



# SYDNEY PROGRAM GUIDE

Sunday 24th September 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

**092423 The Great Disappearance Interview With Dr. David Jeremiah**

In this special interview Dr. Jeremiah and Shelia Walsh discuss the Rapture the glorious return of Christ for His Church.

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

## ALL NEW EPISODES

**491 - Can You Lose Your Salvation? Part 1**

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 Luca's Key Ingredient (Rpt)** CC G

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

**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 The Chef's Garden** CC G

## ALL NEW EPISODES

Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and of course there's plenty of mouthwatering recipes along the way.

**09:30 am Pooches At Play (Rpt)** CC G

Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals.



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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 feel-good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody.
<b>12:00 pm</b>	<b>To Be Advised</b>		
<b>01:10 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>01:30 pm</b>	<b>Three Blue Ducks (Rpt)</b>	CC PG Coarse Language	Andy Allen aims to dazzle his peers by creating a new age Asian beef salad. He and fellow chefs Mark and Daz search for exotic flavours in Cabramatta.
<b>02:00 pm</b>	<b>Freshly Picked With Simon Toohey (Rpt)</b>	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>02:30 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>03:00 pm</b>	<b>Destination Dessert (Rpt)</b>	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.
<b>03:30 pm</b>	<b>Exploring Off The Grid (Rpt)</b>	CC G	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
<b>04:00 pm</b>	<b>Good Chef Bad Chef (Rpt)</b>	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>04:30 pm</b>	<b>Farm To Fork (Rpt)</b>	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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Sunday 24th September 2023

**05:00 pm 10 News First** CC

## LIVE

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

**06:30 pm The Sunday Project** CC

## ALL NEW EPISODES

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

**07:30 pm Dogs Behaving (Very) Badly Australia (Rpt)** CC PG  
Mild Violence, Mild Coarse Language

Dog whisperer Graeme Hall meets an Aussie cattle dog with a rather unusual quirk, and a Maltese Shih Tzu with the jitters. Plus, Survivor star "King George" Mladenov puts Graeme's training to the test

**08:30 pm FBI** CC M  
Violence

## ALL NEW EPISODES

### Money For Nothing

After a string of armed robberies target various businesses, the team investigates a suspect who leads them to something much bigger. OA worries about his future when his crypto investments go south.

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

**09:30 pm NCIS: Hawaii (Rpt)** CC M  
Violence

### Sudden Death

The NCIS team investigates the death of a Navy sailor and goes head-to-head with a ruthless local criminal organization. Also, Lucy gets help from Whistler as she looks for a new apartment.

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

**10:30 pm Five Bedrooms Encore (Rpt)** CC M  
Sexual References, Coarse Language

## SPECIAL ENCORE PRESENTATION

### Two Parties

Harry finds himself charged with organizing Ainsley's questionably-themed 'white-party' Hens, and Simmo's 'fire-on-the-land' Bucks.

**11:30 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.



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## Sunday 24th September 2023

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

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02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

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 25th September 2023

**06:00 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.

**06:30 am 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.

**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 in an all new season of Everyday Gourmet.

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

### SPECIAL ENCORE PRESENTATION

Kevin Frazier and Nischelle Turner bring 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  
Mild Themes

Sheila makes an unwelcome appearance. Meanwhile, R.J. quietly scopes out the situation at Forrester about Eric.

**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 25th September 2023

**01:00 pm Dr Phil (Rpt)**

CC PG  
Mature Themes

Washington, D.C. and New York City have asked for federal assistance after thousands of asylum seekers were bussed there from Texas and Arizona. Should it be harder for people to cross U.S. borders?

**02:00 pm To Be Advised**

**03:15 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

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

**03:30 pm Everyday Gourmet With Justine Schofield**

CC

## ALL NEW EPISODES

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

**04:00 pm The Bold & The Beautiful**

CC PG  
Mild Themes

## ALL NEW EPISODES

Deacon gets nervous when Ridge slings accusations. Meanwhile, Finn attempts to intervene as Sheila and Steffy battle.

**04:30 pm Neighbours**

CC PG  
Mild Themes

## ALL NEW EPISODES

The Kennedys find themselves at a crossroads. After much consideration, Toadie makes a tough decision that will impact his entire family. Mackenzie makes a big call on her personal life.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:30 pm The Project**

CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 25th September 2023

**07:30 pm The Masked Singer Australia** CC

## ALL NEW EPISODES

Tonight we duel! Four masks will perform their hidden hearts out in order to avoid a duel at the end of the show, where one of them will have to remove their mask and show themselves to the country.

**08:45 pm Have You Been Paying Attention?** CC M  
Sexual References,  
Coarse Language,  
Mature Themes,  
Nudity,  
May Contain:

## ALL NEW EPISODES

Have our contestants, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

**09:45 pm To Be Advised**

**10:15 pm FBI: Most Wanted (Rpt)** CC M  
Violence

## Deconflict

After witnessing her husband's murder, a woman is kidnapped from her home along with a mysterious stash of money hidden in her floor.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Nathaniel Arcand, Keisha Castle-Hughes

**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.

**12:00 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.

**01:00 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

## Monday 25th September 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 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 26th September 2023

<b>06:00 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>06:30 am</b> <b>My Market Kitchen</b> (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.
<b>07:00 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>07:30 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>08:00 am</b> <b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>08:30 am</b> <b>Entertainment Tonight</b> (Rpt)	CC	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>09:00 am</b> <b>Neighbours Encore</b> (Rpt)	CC PG Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> The Kennedys find themselves at a crossroads. After much consideration, Toadie makes a tough decision that will impact his entire family. Mackenzie makes a big call on her personal life.
<b>09:30 am</b> <b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Deacon gets nervous when Ridge slings accusations. Meanwhile, Finn attempts to intervene as Sheila and Steffy battle.
<b>10:00 am</b> <b>Studio 10</b>	CC PG	<p><b>LIVE</b></p> 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 26th September 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 (Rpt)**

CC PG  
Mature Themes

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**

## ALL NEW EPISODES

**03:00 pm Entertainment Tonight**

CC

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

**03:30 pm Everyday Gourmet With Justine Schofield**

CC

## ALL NEW EPISODES

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

**04:00 pm The Bold & The Beautiful**

CC PG  
Mild Themes

## ALL NEW EPISODES

Steffy reaches her breaking point. Meanwhile, Liam makes a vow to Wyatt about Steffy.

**04:30 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

Terese's business venture hits a roadblock, causing repercussions in her personal life. Byron struggles with relationships and the truth of his past. Mackenzie pushes herself out of her comfort zone.

**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

Tuesday 26th September 2023

**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 Shark Tank**

CC PG  
Mild Themes

## ALL NEW EPISODES

We meet entrepreneurs hoping to persuade our Sharks to invest a large cash sum into their business. Also, environmentally friendly nappies, a new version of a Christmas tree and electric scooters!

**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 (Rpt)**

CC M  
Violence

### Guardian

Agent Parker steps up to protect Director Vance after a terrifying home invasion. Meanwhile, the team detects advancements in Jessica and Jimmy's blossoming romance.

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

**10:30 pm NCIS: Hawaii (Rpt)**

CC M  
Violence

### Sudden Death

The NCIS team investigates the death of a Navy sailor and goes head-to-head with a ruthless local criminal organization. Also, Lucy gets help from Whistler as she looks for a new apartment.

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

**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

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



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## Tuesday 26th September 2023

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

**Home Shopping**

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

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**03:30 am Home Shopping** (Rpt)

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS Mornings**

CC

### ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

## Wednesday 27th September 2023

<b>06:00 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>06:30 am</b>	<b>My Market Kitchen</b> (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.
<b>07:00 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.
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<b>08:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>08:30 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>09:00 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Terese's business venture hits a roadblock, causing repercussions in her personal life. Byron struggles with relationships and the truth of his past. Mackenzie pushes herself out of her comfort zone.
<b>09:30 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	Steffy reaches her breaking point. Meanwhile, Liam makes a vow to Wyatt about Steffy.
<b>10:00 am</b>	<b>Studio 10</b>	CC PG	<b>LIVE</b> 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

Wednesday 27th September 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 (Rpt)** CC PG  
Mature Themes

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**

## ALL NEW EPISODES

**03:00 pm Entertainment Tonight** CC

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

**03:30 pm Everyday Gourmet With Justine Schofield** CC

## ALL NEW EPISODES

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

**04:00 pm The Bold & The Beautiful** CC PG  
Mild Themes

## ALL NEW EPISODES

Ridge and R.J. argue about Eric's place in the company.

**04:30 pm Neighbours** CC PG  
Mature Themes

## ALL NEW EPISODES

Harold makes a devastating admission. Paul conjures up an elaborate plan to impress his new VIP. Mike has an important proposal to make. Terese discovers the truth of secrets that are close to home.

**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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Wednesday 27th September 2023

**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 Thank God You're Here**

CC

## SEASON FINALE

Kitty Flanagan, Guy Montgomery, Marty Sheargold & Emma Holland take up the challenge when they walk through the blue door on 'Thank God You're Here.'

**08:30 pm Inspired Unemployed (Impractical) Jokers**

CC M  
Mature Themes

## ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they're asking unsuspecting dental patients to open up and say Arrrghh!!!

**09:00 pm Inspired Unemployed (Impractical) Jokers**

CC PG  
Coarse Language,  
Mature Themes

## SEASON FINALE

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this final episode they decides who will face The Ultimate Punishment.

**09:30 pm Five Bedrooms**

CC M  
Sexual References,  
Coarse Language

## SEASON FINALE

### Two Words

It's Ainsley and Simmo's wedding day, Ben is determined to be there for his best mate Simmo and the love of his life, Heather. Over the course of the day, truth bombs will detonate.

**10:30 pm So Help Me Todd**

CC PG  
Mild Violence,  
Mature Themes

## ALL NEW EPISODES

### Twelve Worried Persons

When a juror dies during Susan's first big trial as lead attorney, Margaret and Todd work to exonerate Amy, a juror from the same trial suspected of the murder.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann



# SYDNEY PROGRAM GUIDE

Wednesday 27th September 2023

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

## SPECIAL ENCORE PRESENTATION

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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 Bursleson.





# SYDNEY PROGRAM GUIDE

## Thursday 28th September 2023

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<b>08:00 am</b> <b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>08:30 am</b> <b>Entertainment Tonight</b> (Rpt)	CC	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>09:00 am</b> <b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Harold makes a devastating admission. Paul conjures up an elaborate plan to impress his new VIP. Mike has an important proposal to make. Terese discovers the truth of secrets that are close to home.
<b>09:30 am</b> <b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Ridge and R.J. argue about Eric's place in the company.
<b>10:00 am</b> <b>Studio 10</b>	CC PG	<p><b>LIVE</b></p> 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

Thursday 28th September 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 (Rpt)**

CC PG  
Mature Themes

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 So Help Me Todd Encore (Rpt)**

CC PG  
Mild Violence,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Twelve Worried Persons

When a juror dies during Susan's first big trial as lead attorney, Margaret and Todd work to exonerate Amy, a juror from the same trial suspected of the murder.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

**03:00 pm Entertainment Tonight**

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## ALL NEW EPISODES

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

**03:30 pm Everyday Gourmet With Justine Schofield**

CC

## ALL NEW EPISODES

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

**04:00 pm The Bold & The Beautiful**

CC PG  
Mild Themes

## ALL NEW EPISODES

**04:30 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

Nell makes a shameful admission that rocks her family. Cara and Remi face the consequences of poor communication. JJ's stealthy mission amps up, as he gets closer to the truth.



# SYDNEY PROGRAM GUIDE

Thursday 28th September 2023

<b>05:00 pm</b>	<b>10 News First</b>	CC		<b>LIVE</b>	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:30 pm</b>	<b>The Project</b>	CC		<b>ALL NEW EPISODES</b>	Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
<b>07:30 pm</b>	<b>Gogglebox Australia</b>	CC		<b>ALL NEW EPISODES</b>	Australia's favourite friends and families are here to dissect another week of TV, as the Goggleboxers laugh, shout, cry and increasingly argue about what appeared on television this week.
<b>08:30 pm</b>	<b>Michael Hing - Long Live The Hing</b>	CC	MA15+ Sexual References, Strong Coarse Language	<b>SPECIAL EVENT</b> <b><u>Michael Hing- Long Live The Hing</u></b>	Michael Hing tried to propose to his girlfriend. This show is about everything that went wrong.
<b>09:40 pm</b>	<b>The Cheap Seats Encore (Rpt)</b>	CC	M Coarse Language, Mature Themes, May Contain:	<b>SPECIAL ENCORE PRESENTATION</b>	Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.
<b>10:40 pm</b>	<b>Law &amp; Order: S.V.U (Rpt)</b>	CC	M Mature Themes	<b><u>Tangled Strands Of Justice</u></b>	Garland asks Benson to reopen a missing persons case he worked as a rookie officer on the day of 9/11. A victim in one of Carisi's recent cases is busted for theft, but the arrest proves unethical.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Octavio Pisano  Guest Starring: Demore Barnes, Ron Canada
<b>11:35 pm</b>	<b>Law &amp; Order: S.V.U (Rpt)</b>	CC	M Sexual References, Mature Themes	<b><u>Did You Believe In Miracles?</u></b>	When a schoolgirl goes missing, the squad must track down a trusted family friend for answers. As the case progresses, awkward questions arise about the girl's God-fearing parents and her abductor.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Ari'el Stachel



# SYDNEY PROGRAM GUIDE

Thursday 28th September 2023

**12:30 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.

**01:30 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.

**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 29th September 2023

**06:00 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.

**06:30 am 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.

**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 in an all new season of Everyday Gourmet.

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

### SPECIAL ENCORE PRESENTATION

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

**09:00 am Neighbours Encore** (Rpt) CC PG  
Mature Themes

### SPECIAL ENCORE PRESENTATION

Nell makes a shameful admission that rocks her family. Cara and Remi face the consequences of poor communication. JJ's stealthy mission amps up, as he gets closer to the truth.

**09:30 am The Bold & The Beautiful** (Rpt) CC PG  
Mild Themes

### LIVE

**10:00 am Studio 10** CC PG

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

Friday 29th September 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 (Rpt)** CC PG  
Mature Themes

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**

**03:15 pm Entertainment Tonight** CC

## ALL NEW EPISODES

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

**03:30 pm Everyday Gourmet With Justine Schofield** CC

## ALL NEW EPISODES

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

**04:00 pm Judge Judy (Rpt)** CC PG

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

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

## ALL NEW EPISODES

## LIVE

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

**05:00 pm 10 News First** CC

## ALL NEW EPISODES

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

**06:30 pm The Project** CC



# SYDNEY PROGRAM GUIDE

Friday 29th September 2023

## SPECIAL ENCORE PRESENTATION

**07:30 pm Have You Been Paying Attention? Encore** (Rpt)

CC M  
Sexual References,  
Coarse Language,  
Mature Themes,  
Nudity,  
May Contain:

Have our contestants, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

**08:30 pm The Graham Norton Show** (Rpt)

CC M  
Mature Themes

Invite your friends over for a night of frothy fun as Graham is joined by Claire Foy, M Night Shyamalan, Sarah Michelle Gellar, Rob Beckett and Sam Smith, who sings "I'm Not Here To Make Friends"

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

CC M  
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Martin Freeman, Denzel Washington, Josh Widdicombe, Nina Sosanya and James Morrison.

**10:30 pm To Be Advised**

## SPECIAL ENCORE PRESENTATION

**11:40 pm The Project Encore** (Rpt)

CC

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

**12:40 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**

**02:30 am Home Shopping** (Rpt)

**Home Shopping**

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

**Home Shopping**



# SYDNEY PROGRAM GUIDE

## Friday 29th September 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 30th September 2023

**06:00 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.

**06:30 am Leading The Way With Dr. Michael Youssef** CC G

### ALL NEW EPISODES

#### 2340 TV Special: How To Read The Bible

**07:00 am Reel Action** (Rpt) CC G

Reel Action is a show which focuses on the fish, techniques and the right tools for the job. It is set in great locations accessible to the average angler.

**07:30 am 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.

**08:00 am iFish** (Rpt) CC

Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.

**08:30 am What's Up Down Under** (Rpt) CC G

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

**09:00 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.

**09:30 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.

**10:00 am Studio 10: Saturday** CC PG

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

**12:00 pm Luxury Escapes** (Rpt) CC

### SPECIAL ENCORE PRESENTATION

#### Bali

The Bachelor's Holly Kingston and Married at First Sight's Jules Robinson get a reality check on an idyllic Indonesian holiday.



# SYDNEY PROGRAM GUIDE

## Saturday 30th September 2023

<b>12:30 pm Well Traveller</b> (Rpt)	CC PG Mature Themes	Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia's favourite holiday destinations.
<b>ALL NEW EPISODES</b>		
<b>01:00 pm 10 Minute Kitchen</b>	CC G	The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home.
<b>01:30 pm 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>02:00 pm 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>02:30 pm 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>ALL NEW EPISODES</b>		
<b>03:00 pm What's Up Down Under</b>	CC	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>ALL NEW EPISODES</b>		
<b>04:00 pm My Market Kitchen</b>	CC	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.
<b>ALL NEW EPISODES</b>		
<b>04:30 pm Food Trail: South Africa</b>	CC	Join Warren Mendes on an authentic culinary journey through selected regions of South Africa to explore its people, the diversity of its regional flavours and its widely heralded cooking culture.



# SYDNEY PROGRAM GUIDE

Saturday 30th September 2023

**05:00 pm 10 News First**

CC

## LIVE

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

**06:00 pm Luxury Escapes**

CC

## ALL NEW EPISODES

### European Cruise

Natalie Bassingthwaight and actor Matt Le Nevez set sail aboard two luxury cruise ships through the Mediterranean, visiting the sights of Israel, Egypt and Corsica.

**06:30 pm Bondi Rescue (Rpt)**

CC PG  
Coarse Language

The Lifeguards investigate a UFO on Bondi's iconic shores - that is, an unidentified-floating-object of course. Will it be a whale, boat, or something out of this world?

**07:00 pm The Dog House Australia (Rpt)**

CC PG  
Drug References,  
Mature Themes

Can loving deaf couple Danni and Salomon break through cute cavoodle Milo's separation anxiety and will unconventional priest Steve and partner Fiona be the right match for abused border collie Bear?

**08:00 pm Thank God You're Here Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kitty Flanagan, Guy Montgomery, Marty Sheargold & Emma Holland take up the challenge when they walk through the blue door on 'Thank God You're Here.'

**09:00 pm Mission Impossible (Rpt)(1996)**

CC M  
WS Violence

## MOVIE

Ethan Hunt, a secret agent framed for the deaths of his espionage team and fleeing from government assassins, must break into the CIA's most impenetrable vault to uncover the real perpetrators.

Starring: Tom Cruise, Jon Voight, Ving Rhames, Emmanuelle Béart, Jean Reno

**11:00 pm The Cheap Seats Encore (Rpt)**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

## Saturday 30th September 2023

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

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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 Authentic

CC PG

### ALL NEW EPISODES

It's Easter. Shawn Boonstra explores how rising from the dead really isn't that far-fetched. Presented by Voice of Prophecy.

05:00 am Hour Of Power

### ALL NEW EPISODES