



SYDNEY PROGRAM GUIDE

Sunday 08th October 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

100823 At Any Moment

The Bible teaches that the Rapture of the Church could occur at any moment. Are you ready?

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

ALL NEW EPISODES

493 - Grace Leads To True Repentance

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, zucchini flowers

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 heads out to sea with fisherman Bryan Denny in search of Southern Rock Lobster. Bringing this culinary journey to a close, Massimo ends with two family favourites: panna cotta and zeppole

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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Sunday 08th October 2023

10:00 am Studio 10: Sunday

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.

SPECIAL ENCORE PRESENTATION

12:00 pm Shark Tank (Rpt)

CC PG

Sexual References,
Mild Coarse
Language,
Mature Themes

Tonight, an entrepreneur is offered one million dollars! With innovative products ranging from tattoos to condoms and swimwear to chicken accessories, who will receive massive cash investment?

01:15 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 Three Blue Ducks (Rpt)

CC PG

Sexual References,
Coarse Language

Chefs Andy Allen, Mark LaBrooy and Darren Robertson dive for prized abalone off the Sapphire Coast of New South Wales. But later when the dish is tested, there's a problem with a key ingredient.

ALL NEW EPISODES

02:00 pm Jay's Mission Melanoma Walk

CC

Jay's Mission Melanoma Walk

Based on the Australian Skin Cancer Foundation's 10-day walk in November, 2022, we follow 6 full-time walkers travelling 333 kms from Parliament House in Canberra to Government House in Sydney.

SEASON PREMIERE

03:00 pm Cook With Luke

CC G

Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.

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 PG

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

ALL NEW EPISODES

04:30 pm Taste Of Australia - BBQ Special

CC G

Little Manly Beach

The BBQ is setup on the pier overlooking Little Manly on a perfect day for Hayden's recipes: Portuguese chicken burgers, tarte Tatin, and mushroom-stuffed salmon.



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Sunday 08th October 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 To Be Advised

08:40 pm FBI CC M
Violence,
Mature Themes

ALL NEW EPISODES

The Lies We Tell

When an off-duty diplomatic security agent is fatally shot trying to apprehend someone, the team investigates if there's a connection to his time working in Croatia, and soon discover a global threat.

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

09:40 pm NCIS: Hawaii (Rpt) CC M
Violence

Curtain Call

When a naval officer is murdered while moonlighting in community theatre, the NCIS team recruits a familiar face to help lead them to a ruthless international killer.

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

10:30 pm To Be Advised

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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping



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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

Monday 09th October 2023

06:00 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!
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	Entertainment Tonight	CC	SPECIAL ENCORE PRESENTATION Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
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	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.
09:00 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	Katie and Donna choose a side before arguing it with Brooke. Meanwhile, Douglas makes a heartfelt plea to 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 09th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

As a teen, Ben had no self-esteem, never got past the first date, and felt powerless with girls. He tells Dr. Phil how men like Andrew Tate inspired him to break out of his shell - and he shares how

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

Li advises Finn to get rid of Sheila once and for all. Deacon and Sheila panic when Hope arrives unannounced. Meanwhile, Thomas is moved by Douglas's desire for their family to be reunited.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Paul digs up startling new information in his quest for dirt on his rival. Jane spirals as she deals with a devastating blow and the potential fallout of a close friendship.

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 09th October 2023

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

**NO
CC**

ALL NEW EPISODES

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 **The Betoota Advocate Presents**

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Murdoch V Packer: The Super League War

The Betoota Advocate tells us what went down as billionaires Rupert Murdoch & Kerry Packer went to war over rugby league in the 90s. It was the battle for a game that almost destroyed the game itself.

10:45 pm **FBI: Most Wanted** (Rpt)

CC M
Violence

The Line

After a rogue militia group opens fire on several teenagers crossing the Canadian border into the U.S., the team races to find the ringleader and his final target.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Keisha Castle-Hughes, Terry O'Quinn

11:35 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.

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

Home Shopping

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

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SYDNEY PROGRAM GUIDE

Monday 09th October 2023

03:00 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 10th October 2023

06:00 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!

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 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.

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 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.

09:00 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Li advises Finn to get rid of Sheila once and for all. Deacon and Sheila panic when Hope arrives unannounced. Meanwhile, Thomas is moved by Douglas's desire for their family to be reunited.

09:30 am Neighbours Encore (Rpt) CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Paul digs up startling new information in his quest for dirt on his rival. Jane spirals as she deals with a devastating blow and the potential fallout of a close friendship.

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 10th October 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
Coarse Language,
Mature Themes

We meet parents whose kids ran away, became violent, or suicided due to their addiction to digital devices, social media and video games and learn how screen time affects a child's brain development.

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 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
Coarse Language,
Mild Themes

ALL NEW EPISODES

Separately, Finn and Sheila make a decision about the other. Meanwhile, Douglas delivers a romantic surprise.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Paul makes a calculated move that has explosive consequences at Lassiters. Mackenzie takes a leap of faith, placing her well and truly outside of her comfort zone. Harold has an extravagant plan.

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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Tuesday 10th October 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 G

ALL NEW EPISODES

Mixed reactions from the Sharks tonight as a string of memorable Entrepreneurs enter the Tank. From a nostalgic camera to a new style of earphone, who will sink and who will swim?

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
Mature Themes

Love Lost

NCIS must investigate the Secretary of the Navy when her husband claims she tried to murder him.

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

10:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

Curtain Call

When a naval officer is murdered while moonlighting in community theatre, the NCIS team recruits a familiar face to help lead them to a ruthless international killer.

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

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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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04:30 am CBS Mornings

CC

ALL NEW EPISODES

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09:00 am	The Bold & The Beautiful (Rpt)	CC PG Coarse Language, Mild Themes	Separately, Finn and Sheila make a decision about the other. Meanwhile, Douglas delivers a romantic surprise.
SPECIAL ENCORE PRESENTATION			
09:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	Paul makes a calculated move that has explosive consequences at Lassiters. Mackenzie takes a leap of faith, placing her well and truly outside of her comfort zone. Harold has an extravagant plan.
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

Wednesday 11th October 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

Dr. Phil discusses the rise in "grey" divorces that happen around age 50, also known as "silver splitters." Plus, hear about an organization that helps children with autism to get on the tennis court.

02:00 pm Shark Tank Encore (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Mixed reactions from the Sharks tonight as a string of memorable Entrepreneurs enter the Tank. From a nostalgic camera to a new style of earphone, who will sink and who will swim?

03:10 pm Entertainment Tonight

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ALL NEW EPISODES

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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 and Sheila's love affair takes an unexpected turn. Meanwhile, Hope revels in Thomas's love and affection.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

After being dealt a devastating blow, Wendy dangerously takes matters into her own hands. Byron faces up to some hard truths. Toadie makes a shocking realization.



SYDNEY PROGRAM GUIDE

Wednesday 11th October 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 Project

CC

ALL NEW EPISODES

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

07:30 pm The Amazing Race Australia

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Our celebrities and their nearest and dearest travel to the Indian coastal state of Kerala. Navigating the West Coast Canal System, one team must face the biggest setback in Amazing Race History!

09:00 pm Heat

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Despite the bush fire edging closer, Brad won't take action. The couples begin to meltdown as sordid secrets are revealed, while Mia becomes the object of a dark obsession.

10:00 pm So Help Me Todd

CC PG
Mild Violence,
Mature Themes

ALL NEW EPISODES

Gloom And Boom

Margaret and Todd must rely on their detective skills to untangle the case when a stranger with a bomb appears at the law firm demanding Margaret reverse her efforts to free her client on death row.

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

11:00 pm The Project Encore (Rpt)

CC

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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.



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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

CC

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SPECIAL ENCORE PRESENTATION			
09:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	After being dealt a devastating blow, Wendy dangerously takes matters into her own hands. Byron faces up to some hard truths. Toadie makes a shocking realization.
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CC

LIVE

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01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

This is a show every parent needs to watch, as Dr. Phil hears stories from parents whose children have been tragically killed by guns that were not secured safely in the home.

02:00 pm To Be Advised

03:30 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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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

Toadie is shocked upon the discovery of a deceit. Byron plans the perfect, all Australian date. The Varga-Murphys face a rocky start as they further ingrain themselves in the community.

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

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07:30 pm The Amazing Race Australia

CC PG
Coarse Language

ALL NEW EPISODES

In Langkawi, Malaysia, where our celebrities will face their fears, a fruit basket levels the playing field and the race to the pitstop has never been closer!



SYDNEY PROGRAM GUIDE

Thursday 12th October 2023

08:30 pm Gogglebox Australia CC

ALL NEW EPISODES

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.

09:30 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.

10:30 pm Law & Order: S.V.U (Rpt) CC M
Violence, Mature Themes

Gimme Shelter- Part Two

As SVU team up with Elliot Stabler on one of the Organized Crime Unit's cases, they find themselves hunting down an evil mastermind who has a plan to explode a gigantic bomb somewhere in New York City

Starring: Mariska Hargitay, Kelli Giddish, Ice T , Christopher Meloni, Jeffrey Donovan, Camryn Manheim

11:30 pm The Project Encore (Rpt) CC

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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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SYDNEY PROGRAM GUIDE

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SYDNEY PROGRAM GUIDE

Friday 13th October 2023

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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

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07:30 am Entertainment Tonight CC

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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 in an all new season of Everyday Gourmet.

08:30 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.

09:00 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

09:30 am Neighbours Encore (Rpt) CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Toadie is shocked upon the discovery of a deceit. Byron plans the perfect, all Australian date. The Varga-Murphys face a rocky start as they further ingrain themselves in the community.

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 13th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Mature Themes

James connects with models online, but the women get kidnapped before they can meet. Then, he saves the models by sending gift cards to a gang leader to free them. Is James being scammed for money?

02:00 pm To Be Advised

03:00 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

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 The Graham Norton Show

**NO
CC**

08:30 pm Have You Been Paying Attention? Encore (Rpt)

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

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Friday 13th October 2023

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 Road To The Melbourne Cup Carnival CC

ALL NEW EPISODES

Road To The Melbourne Cup Carnival

Join Michael Felgate, Glen Boss, Britt Taylor and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2023 race that stops a nation

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:00 am The Late Show With Stephen Colbert CC PG

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 13th October 2023

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Socceroos V England

CC

LIVE

Socceroos V England



SYDNEY PROGRAM GUIDE

Saturday 14th October 2023

06:00 am **Socceroos V England** (Rpt) CC

LIVE

Socceroos V England

08:15 am **Road To The Melbourne Cup Carnival** (Rpt) CC

SPECIAL ENCORE PRESENTATION

Road To The Melbourne Cup Carnival

Join Michael Felgate, Glen Boss, Britt Taylor and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2023 race that stops a nation

08:45 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.

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

Maldives

Cameron Daddo and Love Me's Heather Mitchell experience overwater luxury in the magnificent Maldives.

12:30 pm **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.

01:00 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.

01:30 pm **Healthy Homes** CC G

ALL NEW EPISODES

Home, garden, lifestyle or build - Walt Collins and Dani Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.



SYDNEY PROGRAM GUIDE

Saturday 14th October 2023

02:00 pm Buy To Build CC G

ALL NEW EPISODES

Each episode, Walt Collins helps house hunters explore the country's latest display homes and land developments to find the perfect home to suit their needs.

02:30 pm 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.

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!

04:00 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.

04:30 pm Food Trail: South Africa CC G

ALL NEW EPISODES

Paternoster By The Sea

Warren is heading into the picturesque town of Paternoster, with a local fisherman to haul a few of South Africa's famous crayfish to make a rich bisque and pasta dish with their sweet meat.

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

Dubai

Actor and comedian Jane Hall joins chef Miguel Maestre for a lavish, 6-star escape to Dubai staying at the brand-new Atlantis The Royal and the luxurious desert resort of Babs Al Sham.



SYDNEY PROGRAM GUIDE

Saturday 14th October 2023

06:30 pm The Dog House Australia (Rpt) CC PG
Mature Themes
Will Lexi be able to bond with brothers Sam and Jackson? Will dogs Bobby and Milly mend Johnno's broken heart? And will the energetic puppy Cookie prove too hard to handle for dancers Ash and Mike?

07:30 pm The Dog House Australia (Rpt) CC PG
Mild Themes
Will Australian Shepherd Alfie and the Holmes Family find their new mate? Will 'stage-5-clinger' Missy be too much for a first time owner? Will shy shaggy Doug be the right fit for the Billich family?

08:30 pm Mission Impossible II (Rpt)(2000) CC M
WS Violence
MOVIE
Super secret spy, Ethan Hunt, is sent to Australia to find and destroy a genetically modified disease and recover its antidote. The only thing standing in his way is a diabolical madman.
Starring: Tom Cruise, Thandie Newton, Ving Rhames, Richard Roxburgh, John Polson

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.

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](#)



SYDNEY PROGRAM GUIDE

Saturday 14th October 2023

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

Music can actually help you find the ultimate meaning of life. Shawn Boonstra talks about the brain science.

05:00 am Hour Of Power

ALL NEW EPISODES