



SYDNEY PROGRAM GUIDE

Sunday 12th November 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

11223 Shock And Awe

The arrival of the longed-for Messiah for the Jewish people will happen one day at Christ's Second Coming. It will be an event filled with shock and awe!

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

ALL NEW EPISODES

498 - Keys To Healing In The Hebrew Language

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 Healthy Homes (Rpt) CC G

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

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 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 My Market Kitchen (Rpt) CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahlan Market cooking a variety of delicious and easy to follow recipes.



SYDNEY PROGRAM GUIDE

Sunday 12th November 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.

12:00 pm The Masked Singer Australia Encore CC
(Rpt)

SPECIAL ENCORE PRESENTATION

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 Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:00 pm Food Trail: South Africa (Rpt) CC G

Wild Kwa-Zulu Natal

Based at Thonga Beach Lodge, Warren takes us through two recipes using local peanuts and chillies. Then, onto the quaint coastal village of St Lucia to cook a recipe on a sunrise cruise.

02:30 pm Australia By Design: Architecture CC G

ALL NEW EPISODES

Discover how a Perth architect decided he had to build a demo house to prove medium density is the future, and we visit a house built in the clouds above the Great Ocean Road.

03:00 pm Cook With Luke CC G

ALL NEW EPISODES

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 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.

04:00 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.



SYDNEY PROGRAM GUIDE

Sunday 12th November 2023

04:30 pm **Luxury Escapes** CC G

ALL NEW EPISODES

Fiji

Rebecca Gibney and Selling Houses Australia's Wendy Moore embark on the ultimate Fiji holiday, dining on a private island, getting spa treatments, and an epic helicopter tour.

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 **Dessert Masters** CC PG
Coarse Language

SEASON PREMIERE

With the only immunity pin on the line, ten chefs create their very own dessert Masterpieces vying for the first win of the competition.

09:00 pm **FBI** CC M
Violence,
Drug Use

ALL NEW EPISODES

Sisterhood

A drug dealer is shot in a New York park and the team sets out to look for his killer. Complications soon arise when Maggie's sister Erin lands herself right in the middle of the case.

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

10:00 pm **NCIS: Hawaii (Rpt)** CC M
Violence

Misplaced Targets

After a close call at a meth lab explosion, the NCIS team learns Kai is being targeted by his old friend-turned-criminal and must take him down. Lucy gets her first big case aboard an aircraft carrier

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

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.



SYDNEY PROGRAM GUIDE

Sunday 12th November 2023

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

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

Monday 13th November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

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 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.

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
Mature Themes

Brooke puts Carter on the spot about whose side he is on. Meanwhile, The excitement of the fashion showdown builds as Eric and Ridge both vow to win.

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

Monday 13th November 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 M
Mature Themes

20 years after child beauty star JonBent Ramsey's tragic death, Dr. Phil sits down with her 29-year-old brother for the final interview. Tune in to see why this interview made international headlines.

02:00 pm To Be Advised

03:30 pm Farm To Fork

CC G

SEASON PREMIERE

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

The residents of Ramsay Street are challenged when long held secrets come to the surface.

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Katie urges Donna to tell the Forresters the secret she's been keeping. Lauren Fenmore arrives in Los Angeles for the biggest fashion event of the year with a guest in tow, Esther Valentine.

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 13th November 2023

07:30 pm Dessert Masters

CC PG
Coarse Language

ALL NEW EPISODES

To win the first Immunity Challenge the contestants need to make a dish that isn't what it seems. Inspired by Amaury's famous lifelike dessert masterpieces.

08:45 pm The Secrets She Keeps

CC M
Coarse Language,
Mature Themes

SEASON PREMIERE

09:45 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Drug Use

Hustler

The team heads to D.C. to protect Ortiz's former informant after a hitman tries to kill her. Also, Sarah helps Jess' family prepare for Byron and Marie's last-minute wedding on Jess' farm.

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

10:40 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Drug References

Chattanooga

Most Wanted head to Tennessee to track down an undercover DEA agent who appears to have turned dirty amid a major drug ring operation. Sarah wonders if it was a mistake to move in with Jess so soon.

Starring: Julian McMahon, Kellan Lutz, Miguel Gomez, Keisha Castle-Hughes, Jen Landon, Victor Williams

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



SYDNEY PROGRAM GUIDE

Monday 13th November 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 14th November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

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 Farm To Fork (Rpt)

CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

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
Mature Themes

Katie urges Donna to tell the Forresters the secret she's been keeping. Lauren Fenmore arrives in Los Angeles for the biggest fashion event of the year with a guest in tow, Esther Valentine.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

The residents of Ramsay Street are challenged when long held secrets come to the surface.

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 14th November 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 M
Sexual References,
Mature Themes

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

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 Farm To Fork

CC G

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

The revelations continue when an unassuming resident of Ramsay Street steps forward to confess their part in the troubling secrets of the past.

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

R.J. becomes emotional when Eric finally admits to his prognosis.

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 14th November 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 Dessert Masters

CC PG
Coarse Language

ALL NEW EPISODES

There's no room to crack under pressure in the first Dessert Masters elimination, as our pastry powerhouses are challenged to "Smash It" by creating a dish that smashes or cracks.

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,
Mature Themes

Big Rig

An old pal of Torres' comes to him - disheveled and bloodied - for guidance amidst an undercover FBI operation and then disappears. Also, McGee prepares to be a contestant on a popular game show.

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

10:40 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Of Value

After an architect duo who specializes in designing secure buildings are kidnapped, the NCIS team mounts a search to bring them home. Also, Anna considers a career outside of law enforcement.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

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.



SYDNEY PROGRAM GUIDE

Tuesday 14th November 2023

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 15th November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

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 Farm To Fork (Rpt)

CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

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
Mature Themes

R.J. becomes emotional when Eric finally admits to his prognosis.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

The revelations continue when an unassuming resident of Ramsay Street steps forward to confess their part in the troubling secrets of the past.

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

Wednesday 15th November 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 M
Drug Use,
Mature Themes

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

02:00 pm To Be Advised

03:10 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 Farm To Fork

CC G

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

As the web of secrets continues to unravel, surprising new players enter the fold.

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Katie opens the event and explains the rules of the competition to an elite group of guests. Eric and Ridge share a moment as the fashion showdown begins.

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

Wednesday 15th November 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 Dessert Masters

CC PG
Coarse Language

ALL NEW EPISODES

Today, the contestants are split into three teams of three for a challenging team relay where they must hero the secret ingredient, maple syrup.

08:40 pm My Life Is Murder

CC M
Violence,
Mature Themes

SEASON PREMIERE

IT Takes Two

Alexa investigates the death of a tango club's young teacher, and finds herself in a dance with danger.

09:40 pm My Life Is Murder

CC M
Violence

ALL NEW EPISODES

Nothing Concrete

A crime novelist is found dead and encased in a sculpture, leading Alexa to uncover a deadly plot with more danger than one of the victim's books.

10:40 pm To Be Advised

11:40 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.

12:40 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 15th November 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 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 16th November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

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 Farm To Fork (Rpt)

CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

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
Mature Themes

Katie opens the event and explains the rules of the competition to an elite group of guests. Eric and Ridge share a moment as the fashion showdown begins.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

As the web of secrets continues to unravel, surprising new players enter the fold.

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

Thursday 16th November 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 M
Drug Use,
Mature Themes

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

02:00 pm To Be Advised

03:10 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 Farm To Fork

CC G

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

The past catches up to the future as tensions and secrets come to a head.

04:30 pm The Bold & The Beautiful

CC PG
Mature 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.



SYDNEY PROGRAM GUIDE

Thursday 16th November 2023

07:30 pm Football: Socceroos V Bangladesh CC

LIVE

Socceroos V Bangladesh

Tune in and catch all the Socceroos action, as our boys take on Bangladesh LIVE from AAMI Park. Kick off 8pm (AEDT).

10:30 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.

11:30 pm Blue Bloods (Rpt) CC M
Violence,
Mature Themes

Ghosted

Frank questions a former police commissioner's legacy, Jamie begs Erin to release a perp who can lead him to a bigger fish, Eddie's car gets vandalised and a friend of Danny and Baez's is assaulted.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Marisa Ramirez, Len Cariou

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

ALL NEW EPISODES

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

02:30 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 17th November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

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 Farm To Fork (Rpt)

CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

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
Mature Themes

SPECIAL ENCORE PRESENTATION

The past catches up to the future as tensions and secrets come to a head.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

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 17th November 2023

01:00 pm Second Chance Champions CC

ALL NEW EPISODES

Second Chance Champions

A group of athletes try to win a medal at The World Transplant Games, an Olympics for people who have given or received organ transplants.

02:00 pm Jamie Cooks The Mediterranean (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Spain

Jamie is soaking up inspiration in Spain with tapas, flavour-charged rice dishes and seafood. He cooks a pork chop with peppers and aioli, and a surf & turf skewer of prawns, mushrooms, and local ham.

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 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.

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

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.



SYDNEY PROGRAM GUIDE

Friday 17th November 2023

07:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show, with Celebrity guests and amusing stories in this fast-paced interview show.

08:30 pm The Graham Norton Show (Rpt) CC M
Violence,
Coarse Language

Graham Norton returns for a fabulous 30th season and will be joined by actors Jamie Lee Curtis, Eric Idle, David Tennant and Lydia West, plus Robbie Williams chats and performs his new single "Lost".

09:30 pm To Be Advised

10:30 pm To Be Advised

11:30 pm Good Sam CC M
Mature Themes

ALL NEW EPISODES

Keep Talking

When Gretchen shows signs of premature heart disease, Sam discovers a deeper medical mystery. Also, Griff anxiously awaits the results of his MRI, hoping to get to the root of his troubling symptoms.

Starring: Sophia Bush, Jason Isaacs, Skye P. Marshall, Michael Stahl-David, Wendy Crewson, Edwin Hodge, Omar Maskati

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

ALL NEW EPISODES

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

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 17th November 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 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 18th November 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 **Leading The Way With Dr. Michael Youssef** CC G

ALL NEW EPISODES

2346 The Invisible War, Part 01: Satan's Playbook

Religious.

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 G

SPECIAL ENCORE PRESENTATION

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 **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.

09:00 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.

09:30 am **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.

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.



SYDNEY PROGRAM GUIDE

Saturday 18th November 2023

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

CC G

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.

12:30 pm **The Yes Experiment**

CC PG
Coarse Language

SEASON PREMIERE

01:00 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.

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.

02:00 pm **Buy To Build**

CC G

SEASON FINALE

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 **Charming China**

CC PG
Mild Themes

SEASON PREMIERE

Charming China documents a trip from Wuhan, the capital of Hubei province in China, to the ancient city of Jingzhou, on route to the Three Gorges Dam, the world's biggest dam.

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!



SYDNEY PROGRAM GUIDE

Saturday 18th November 2023

03:30 pm Luca's Key Ingredient (Rpt) CC G

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

04:00 pm My Market Kitchen CC G

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 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.

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 (Rpt) CC PG
Coarse Language,
Mature Themes

Trainee Lachie will find out if he has made a big enough impression on Hoppo and the team to earn him a permanent spot on the Bondi lifeguard squad.

06:30 pm Jamie Cooks The Mediterranean CC G

SEASON FINALE

Marseille

Jamie heads to Marseille in the South of France. Inspired by their stunning seafood and the traditional flavours of Provence, he cooks up a steak with a twist and a sublime courgette and olive tart.

07:30 pm The Dog House (Rpt) CC PG
Mild Themes

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?

08:30 pm Ambulance CC M
Coarse Language,
Mature Themes

SEASON PREMIERE

North East Ambulance crews attend to a family who arrived in the UK just 17 days earlier as refugees from Iraq, plus come to the aid of a schoolboy hit by a motorcycle, and an elderly bed-bound man.



SYDNEY PROGRAM GUIDE

Saturday 18th November 2023

09:30 pm Ambulance

CC M
Medical Procedures

ALL NEW EPISODES

The number of category 1 emergency calls on a shift puts the North East Ambulance Service and the hospitals in the region under constant pressure, as a huge car crash stretches resources to the limit.

10:30 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.

11:30 pm CSI: Vegas (Rpt)

CC M
Strong Violence

Koala

Catherine leads the team through an emotional crime scene investigation after three masked assailants invade a home and murder an entire family, including a pregnant woman.

Starring: Marg Helgenberger, Paula Newsome, Mandeep Dhillon, Sarah Gilman, Matt Lauria, Ariana Guerra

12:30 am CSI: Vegas (Rpt)

CC MA15+
Medical Procedures

In Harm's Way

The CSI team investigate after all the guests attending an upscale fundraising soiree for a local university's science department fall ill. Meanwhile, Catherine goes on the hunt when Grace disappears.

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

01:30 am CSI: Vegas (Rpt)

CC M
Violence,
Mature Themes

There's The Rub

Max leads her team to investigate the death of a prestigious Michelin-starred chef found hanging in his restaurant's walk-in freezer.

Starring: Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Jay Lee, Lex Medlin

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 18th November 2023

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

Seems like bad people get away with too much, and that good people often suffer for it. Find out what justice really means and when you can expect it.

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.