



# SYDNEY PROGRAM GUIDE

Sunday 26th 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 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 Joseph Prince: New Creation Church** CC G

## ALL NEW EPISODES

### 500 - Prosper God's Way During Recession

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 Jamie Oliver: Together (Rpt)** CC G

### Curry Night

Jamie brings India to your home with a fragrant coconut squash curry with chickpeas and ginger, a fried golden paneer curry served with a spinach and green chilli sauce, and a smoky aubergine daal.

Starring: Jamie Oliver

**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.



# SYDNEY PROGRAM GUIDE

Sunday 26th November 2023

**12:00 pm To Be Advised**

**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 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.

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

### The Garden Route

A true hidden gem of South Africa, the Garden Route is a 200km coastal highway. At the Turbine Hotel Warren will cook a South African curry & dessert and shuck wild oysters with a local legend.

**02:30 pm Australia By Design: Architecture** CC G

### ALL NEW EPISODES

We go bush in southern Tasmania to see how a rich heritage of architecturally designed, eco-tourism walker accommodation has been built on.

**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 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 All 4 Adventure** CC

### SEASON PREMIERE

Armed with all-new rigs, Australia's favourite adventurers, Jase and Simon, along with their good mate Jesse, set out to tackle a remote track in the Kimberley.

**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

Sunday 26th November 2023

**06:30 pm The Sunday Project**

CC

## ALL NEW EPISODES

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

**07:30 pm Dessert Masters**

CC PG  
Coarse Language

## ALL NEW EPISODES

Tonight, in a double elimination, contestants are cooking a Christmas dish that means something to them. Curtis Stone brings presents of fruit for each contestant that they need to hero in their dish.

**08:40 pm FBI**

CC M  
Violence,  
Drug Use,  
Mature Themes

## ALL NEW EPISODES

### Torn

After finding a group of six teenagers dead from a drug overdose, the team races to find the dangerous dealer and his supplier. Meanwhile, OA finds himself questioning where he stands in his faith.

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

**09:40 pm NCIS: Hawaii (Rpt)**

CC M  
Violence

### Family Ties

When Navy residents find their vehicles burglarized overnight, the NCIS team connects it to a series of peculiar crimes and tracks down an unlikely bandit. Whistler struggles with an uncooperative CI.

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

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

CC M  
Violence

### Money Honey

Captain Milius returns to Hawai'i as the NCIS team works to catch a dangerous high-value U.S. Government target with the help of an informant unlike any they've ever encountered.

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

**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.



# SYDNEY PROGRAM GUIDE

## Sunday 26th November 2023

**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 Burleson.



# SYDNEY PROGRAM GUIDE

Monday 27th 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

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

**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 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

Liam believes he can give Steffy a better life than Finn. Meanwhile, Ridge begins a new chapter at Forrester Creations with 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 27th November 2023

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

CC M  
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

Byron struggles with a loss, Nell tests Toadie's kindness and Nicolette prepares to disrupt the status quo.

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Ridge mediates a heated exchange between Brooke and Taylor. Meanwhile, Steffy learns the truth about Thomas' and Hope's relationship.

**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 27th November 2023

**07:30 pm Dessert Masters**

CC PG  
Coarse Language

## ALL NEW EPISODES

It's the semi-final of Dessert Masters and the five remaining pastry chefs are one cook away from a place in the grand finale. To get there, they'll need to cook a delicious dish 'inspired by nature'.

**08:40 pm The Secrets She Keeps**

CC M  
Violence,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Agatha's attempt to elicit outside help for her unborn baby uncovers a startling new twist; while Meghan is faced with the loss of her marriage after Jack learns he is not Ben's biological father.

**09:40 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Drug References

## Succession

After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.

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

**10:30 pm FBI: Most Wanted (Rpt)**

CC M  
Violence

## Gold Diggers

The murder of a geology professor leads the team to uncover an ancient legend regarding secret civil war treasure, and encounter a deadly fugitive determined to kill to find the millions in gold bars.

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

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

CC

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

## Monday 27th 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

Tuesday 28th 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

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

**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

Ridge mediates a heated exchange between Brooke and Taylor. Meanwhile, Steffy learns the truth about Thomas' and Hope's relationship.

**09:30 am Neighbours Encore (Rpt)**

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Byron struggles with a loss, Nell tests Toadie's kindness and Nicolette prepares to disrupt the status quo.

**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 28th 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

Aaron and David have a clash of values, Toadie makes a personal call and Cara tries her hand at interior decorating.

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

CC PG  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

Hope's new, unapologetic attitude takes Steffy by surprise. Meanwhile, Taylor issues a dire warning to Sheila.

**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 28th 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

## SEASON FINALE

The Dessert Masters Grand Final is here! The finalists will battle it out in a two-course service challenge. Whoever is the top scorer will be crowned champion of Dessert Masters.

**08:55 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## SEASON FINALE

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

**09:55 pm NCIS (Rpt)**

CC M  
Violence,  
Drug References

### Old Wounds

Parker grapples with his emotions when a conman from his past turns up as a prime suspect in the murder of a navy officer transporting millions of dollars' worth of opioids.

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

**10:55 pm NCIS: Los Angeles (Rpt)**

CC M  
Mature Themes

### Dead Stick

When Aiden Hanna's plane crashes and he is accused of being at fault for the accident, the NCIS team must investigate to clear his name. Also, Sam finds a new caretaker for his father.

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

**11:55 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.

**12:55 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 28th 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

Wednesday 29th 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

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

**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  
Sexual References,  
Mature Themes

Hope's new, unapologetic attitude takes Steffy by surprise. Meanwhile, Taylor issues a dire warning to Sheila.

**09:30 am Neighbours Encore (Rpt)**

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Aaron and David have a clash of values, Toadie makes a personal call and Cara tries her hand at interior decorating.

**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 29th 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,  
Drug References

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**

**03:30 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

Byron rallies help to deal with a sensitive issue, Dex and JJ work together to rekindle the romance between their mums and Haz struggles with setting boundaries.

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

CC PG  
Mild Themes

### ALL NEW EPISODES

Liam makes a startling request of Ridge. Meanwhile, A confrontation ensues when Li finds Poppy at Forrester.

**05:00 pm 10 News First**

CC

### LIVE

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

**06:30 pm The Project**

CC

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Wednesday 29th November 2023

07:30 pm To Be Advised

08:30 pm My Life Is Murder

CC M  
Drug References,  
Mature Themes

## ALL NEW EPISODES

### The Village

Alexa looks into a death at a retirement village, where her brother's involvement with the victims threatens to throw her off course.

09:30 pm To Be Advised

10:30 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.

11:30 pm 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



# SYDNEY PROGRAM GUIDE

## Wednesday 29th November 2023

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 30th 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

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

**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  
Mild Themes

Liam makes a startling request of Ridge. Meanwhile, A confrontation ensues when Li finds Poppy at Forrester.

**09:30 am Neighbours Encore (Rpt)**

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Byron rallies help to deal with a sensitive issue, Dex and JJ work together to rekindle the romance between their mums and Haz struggles with setting boundaries.

**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 30th 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,  
Strong Adult 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 Jamie Oliver: Together (Rpt)**

CC G

## Steak Night

Taking a bit of time to cook for friends coming round is the perfect way to show them you care, and what better way than with this fantastic reimagining of steak and chips?

Starring: Jamie Oliver

**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 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

David gets an intriguing new job offer, Haz reaches the end of his tether and Susan must pick a side.

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

CC PG

Sexual References,  
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.



# SYDNEY PROGRAM GUIDE

Thursday 30th 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 Jamie's 5 Ingredient Mediterranean** CC G

## ALL NEW EPISODES

**08:30 pm To Be Advised**

**09:30 pm Law & Order: S.V.U (Rpt)** CC MA15+  
Violence,  
Drug Use,  
Strong Adult Themes

## Controlled Burn

The SVU investigates a sexual assault by a man wearing a crow mask at an underground party, Benson soon uncovers a suspect who may be valuable as a witness as she faces off against a formidable foe.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Molly Burnett

**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

## Homefront

Henry gets harassed by protestors of a controversial NYPD unit. Danny tries to prevent a murder, Eddie lands in hot water after defying a direct order, and conflict arises between Erin and Baker.

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

**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.



# SYDNEY PROGRAM GUIDE

## Thursday 30th November 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

Friday 01st December 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

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

**07:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

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

**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  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

**09:30 am Neighbours Encore (Rpt)**

CC PG  
Mature Themes

David gets an intriguing new job offer, Haz reaches the end of his tether and Susan must pick a side.

**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 01st December 2023

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

CC M  
Sexual References,  
Strong Adult 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 Jamie's 5 Ingredient Mediterranean (Rpt)**

CC G

### SPECIAL ENCORE PRESENTATION

**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 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.

**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, Jennifer Saunders, Daisy Haggard and Take That.



# SYDNEY PROGRAM GUIDE

Friday 01st December 2023

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

CC M  
Sexual References,  
Coarse Language

Celeb guests don't get much bigger than this as Graham welcomes Ant-Man's Paul Rudd and Michael Douglas to the show, alongside Hugh Jackman, Dame Judy Dench, Michael B. Jordan, Eugene Levy and Pink!

**09:30 pm To Be Advised**

**10:30 pm To Be Advised**

**11:30 pm Good Sam**

CC M  
Mature Themes

## ALL NEW EPISODES

### I Thought I Lost You

In the aftermath of a devastating storm, Sam and her father come together to support her injured mother, Vivian. Also, Dr. Trulie and Dr. Costa each make pivotal decisions about their futures.

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

**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 01st December 2023

**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 02nd December 2023

<b>06:00 am</b>	<b>What's Up Down Under</b> (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC G	<p><b>ALL NEW EPISODES</b>  <b><u>2348 The Invisible War, Part 03: The Structure Of Heaven</u></b>            Religious.</p>
<b>07:00 am</b>	<b>Reel Action</b> (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.
<b>07:30 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>08:00 am</b>	<b>iFish</b> (Rpt)	CC G	<p><b>SPECIAL ENCORE PRESENTATION</b></p> 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.
<b>08:30 am</b>	<b>Farm To Fork</b> (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.
<b>09:00 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>09:30 am</b>	<b>10 Minute Kitchen</b> (Rpt)	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>10:00 am</b>	<b>Studio 10: Saturday</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.



# SYDNEY PROGRAM GUIDE

## Saturday 02nd December 2023

<b>12:00 pm</b> <b>Luxury Escapes</b> (Rpt)	CC G	<p><b><u>Thailand</u></b></p> <p>Cameron Daddo and MasterChef winner Diana Chan whip up a Thai getaway that is equal parts decadent and delicious.</p>
<b>12:30 pm</b> <b>The Yes Experiment</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Elvis, Hemingway and Sinatra have cool parents, but when the kids are allowed to control their household for a day, what they ask for might just surprise their parents after all.</p>
<b>01:00 pm</b> <b>Good Chef Bad Chef</b> (Rpt)	CC G	<p>Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
<b>01:30 pm</b> <b>What's Up Down Under</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
<b>02:00 pm</b> <b>Football: Matildas V Canada</b>	CC	<p><b>LIVE</b></p> <p><b><u>Matildas V Canada</u></b></p>
<b>05:00 pm</b> <b>10 News First</b>	CC	<p><b>LIVE</b></p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
<b>06:00 pm</b> <b>Bondi Rescue</b> (Rpt)	CC PG Coarse Language	<p>In the throes of massive swell and unpredictable weather, the Bondi lifeguards push each other to their limits in the annual lifeguard challenge.</p>
<b>06:30 pm</b> <b>Jamie Oliver: Cooking For Less</b>	CC G	<p><b>ALL NEW EPISODES</b></p> <p>Jamie makes delicious low budge meals; from a takeaway style homemade crispy pork noodles to meatball kebabs, a meal that celebrates the store cupboard to a humble crumble that bigs up the freezer.</p>
<b>07:30 pm</b> <b>The Dog House</b> (Rpt)	CC PG Mild Themes	<p>Duchess the basset hound is on the prowl for a new owner. Can Laura and Martin see past lurcher Sam's size and find a place for him in their hearts? Plus, Albie the Jack Russell puppy's second chance!</p>



# SYDNEY PROGRAM GUIDE

Saturday 02nd December 2023

**08:30 pm Ambulance**

CC M  
Mature Themes

## ALL NEW EPISODES

The North East Ambulance Service and Great North Air Ambulance Service work as a team after multiple urgent 999 calls alert them to a crash on the motorway and a gas explosion in a Sunderland house.

**09:30 pm Ambulance**

CC M  
Strong Adult Themes

## ALL NEW EPISODES

A call out takes a worrying turn when the patient begins hallucinating in the back of the ambulance. Elsewhere, crews attend to elderly patients suffering with strokes, falls and cardiac problems.

**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  
Violence

### Eyeballs

A social media influencer party ends with the brutal murder of a popular guest. Chris Park's Instagram side hustle makes him uniquely qualified to lead the CSI team in their investigation.

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

**12:30 am CSI: Vegas (Rpt)**

CC M  
Mature Themes

### Trinket

The CSI team search for a young boy's mother after he is found hiding in a stranger's garage. Max receives a strange letter with symbols that Folsom and Allie recognize from prior crime scenes.

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

**01:30 am CSI: Vegas (Rpt)**

CC PG  
Coarse Language

### When The Dust Settles

Catherine's day off with her granddaughter gets interrupted when a woman wakes up from a four-year coma and remembers details from the night her sister died.

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



# SYDNEY PROGRAM GUIDE

## Saturday 02nd December 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 Authentic

CC PG

### ALL NEW EPISODES

There might be a really deep reason the world's major religions share a common thread- a collective memory. Shawn Boonstra says that's a really big deal for the way religion has shaped society

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.