



# SYDNEY PROGRAM GUIDE

Sunday 03rd December 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 Key Of David** CC G

## ALL NEW EPISODES

The Key of David covers today's most important events with a unique perspective. Not only does the program tell you what's happening to our society and our world, it tells you why.

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

## ALL NEW EPISODES

### 501 - Confession Of Sins—is IT For The Believer?

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's 5 Ingredient Mediterranean (Rpt)** CC G

## SPECIAL ENCORE PRESENTATION

This episode is packed full of clever tips, tricks, and inspiration to make cooking at home quicker, easier, and more affordable; with useful recipes that are fun to make, and a total pleasure to eat.



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**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 Dessert Masters (Rpt)**

CC PG  
Coarse Language

## SPECIAL ENCORE PRESENTATION

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.

**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

### Cape Town Spice

Warren has dedicated the entire episode to diving into a specific style of South African cooking known as 'Cape Malay'. he'll eat amazing, spiced lamb and will be cooking a comforting chicken curry.

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

CC G

## SEASON FINALE

We learn how a holiday house was built on Stradbroke Island to retain the connection to nature that camping brings and how an innovative use of material is luring people back into the workplace.

**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

## ALL NEW EPISODES

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.



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**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 The Bachelors Australia**

CC PG  
Coarse Language

## SEASON PREMIERE

**09:10 pm FBI**

CC M  
Violence,  
Mature Themes

## SEASON FINALE

### God Complex

When a prominent doctor is found dead in a ritualistic slaying, the team races to hunt down a religiously motivated serial killer. A medical emergency forces Scola to make a life-or-death decision.

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

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

CC M  
Violence,  
Mature Themes

### Bread Crumbs

When Tennant interrogates a suspect during his helicopter transfer and the chopper crashes, she must utilize her skills to save herself and the other passengers.

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.

**12:00 am Home Shopping (Rpt)**

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**12:30 am Home Shopping (Rpt)**

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

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**04:30 am CBS Mornings**

CC

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 04th December 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 What's Up Down Under (Rpt)**

CC

## ENCORE PRESENTATION

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

**09:00 am 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

Luna encourages Poppy to stand up to Li. Meanwhile, Steffy and Thomas are stunned to learn the truth about Eric.

**10:00 am Studio 10**

CC PG

## LIVE

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# SYDNEY PROGRAM GUIDE

Monday 04th December 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**

**03:30 pm Farm To Fork**

CC G

## ALL NEW EPISODES

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**04:00 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

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

CC PG  
Mature Themes

## ALL NEW EPISODES

The Logan sisters band together as Brooke delivers devastating news to Hope.

**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

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**07:30 pm The Bachelors Australia**

CC PG  
Sexual References,  
Coarse Language

## ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Monday 04th December 2023

**09:00 pm The Secrets She Keeps**

CC M  
Violence,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

As Meghan's life spins out of control, the devastating truth of who she has killed is finally revealed, and when Agatha is hospitalized after a severe beating in jail, their paths will again collide.

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

CC MA15+  
Violence,  
Strong Adult Themes

## Chains

While on the way to her sister's house in Connecticut, Hana is kidnapped after trying to help a young girl in peril at a rest stop. Remy and the team desperately pull out all the stops to find her.

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

**11:00 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Drug References,  
Mature Themes

## Patent Pending

After a tech entrepreneur is abducted from a rave in Brooklyn and found stabbed to death at his estate in Connecticut, Remy and the team must dive into the world of psychedelics to find his killer.

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

**12:00 am The Project Encore (Rpt)**

CC

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**01:00 am The Late Show With Stephen Colbert**

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## 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.

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**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 05th December 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  
Mature Themes

The Logan sisters band together as Brooke delivers devastating news to Hope.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

**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.



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Tuesday 05th December 2023

**01:00 pm Dr Phil**

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**

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## ALL NEW EPISODES

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**04:00 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Liam is jarred to witness how serious Thomas and Hope's relationship is. Luna is nervous about meeting R.J.'s sister when Steffy invites them for dinner.

**05:00 pm 10 News First**

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## 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 Bachelors Australia**

CC PG  
Sexual References,  
Coarse Language

## ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Tuesday 05th December 2023

**08:40 pm NCIS (Rpt)**

CC M  
Violence,  
Mature Themes

## **Unusual Suspects**

NCIS probes the death of a ride-share driver who was found after a car accident. Parker's dad, who is temporarily living with him, assists the team in their investigation.

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

**09:30 pm NCIS: Los Angeles (Rpt)**

CC M  
Violence,  
Mature Themes

## **Flesh & Blood**

NCIS is called to investigate when a woman is seen fleeing the scene of her husband's murder. Also, Roberta Deeks comes into town to meet Rosa, and Sam looks for another aide for his father.

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

**10:30 pm NCIS: Los Angeles (Rpt)**

CC M  
Violence

## **Glory Of The Sea**

NCIS is called to investigate after Rear Admiral Ted Gordon is abducted from his home. Also, Kensi struggles with being the fun parent while Deeks is apartment-hunting with his mum.

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

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

CC

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**04:30 am CBS Mornings**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Wednesday 06th December 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

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**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

Liam is jarred to witness how serious Thomas and Hope's relationship is. Luna is nervous about meeting R.J.'s sister when Steffy invites them for dinner.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

**10:00 am Studio 10**

CC PG

## LIVE

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# SYDNEY PROGRAM GUIDE

Wednesday 06th December 2023

**12:00 pm 10 News First: Midday**

CC

## LIVE

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**01:00 pm Farm To Fork**

CC G

## ALL NEW EPISODES

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**01:30 pm Football: Matildas V Canada**

CC

## LIVE

### Matildas V Canada

Tune in and catch all the action, as our Matildas take on Canada LIVE from BC Place, Vancouver BC. Kick-Off starts 1.30pm (AEDT).

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

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Thomas passionately stands his ground with Brooke regarding Hope. Steffy queries Luna about her feelings for RJ.

**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 Bachelors Australia**

CC

## ALL NEW EPISODES

**08:40 pm My Life Is Murder**

CC M  
Mature Themes

## ALL NEW EPISODES

### Silent Lights

When Christmas lights aficionado Paddy falls from his roof, Alexa finds herself unravelling a mystery as tangled as Paddy's beloved lights.



# SYDNEY PROGRAM GUIDE

Wednesday 06th December 2023

**09:40 pm My Life Is Murder**

CC M  
Mature Themes

## ALL NEW EPISODES

### Bride To Bee

When a bride dies from an allergic reaction to a bee sting on her wedding day, Alexa must discover whether this is just a tragic accident, a case where revenge is as sweet as honey.

**10:40 pm To Be Advised**

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

CC

## 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 The Late Show With Stephen Colbert**

CC PG

**01:30 am Dr Phil (Rpt)**

CC M  
Drug Use

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.

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

Home Shopping

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

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Mature Themes

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CC G

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Sexual References,  
Mild Themes

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## ALL NEW EPISODES

Jamie shares two ways to use pre-packed ingredients to make crowd-pleasing starters or sides, and store-cupboard spices that can transform everyday ingredients into truly mouth-watering meals.



# SYDNEY PROGRAM GUIDE

Thursday 07th December 2023

**08:30 pm The Hunt For The Family Court Killer**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

Attacks continue the Family Courts. Once again, police interrogate a suspect, who could be capable of all this destruction?

**09:30 pm Law & Order: S.V.U (Rpt)**

CC M  
Strong Adult Themes

## Dead Ball

When an assault case against a popular Brazilian soccer player falls through amid a wall of non-disclosure agreements, Benson and the SVU dig into the suspect's past to uncover additional victims.

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

**10:30 pm Blue Bloods (Rpt)**

CC M  
Violence

## On Dangerous Ground

Danny and Jamie clash over a gang-related shooting, Erin seeks answers when a lawyer in the office jeopardizes a case, and Frank grows concerned when he's not invited to speak at a policing forum.

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

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Coarse Language,  
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**

**03:10 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 Neighbours (Rpt)**

CC PG  
Mature Themes

## ALL NEW EPISODES

**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 Christmas With Australian Women's Weekly**

CC

## SPECIAL EVENT

### Christmas With Australian Women's Weekly

The Australian Women's Weekly team and friends celebrate Christmas in this one hour TV special. The format brings to life the frivolity of the festive season with fail-safe dishes, craft and incredible table settings.



# SYDNEY PROGRAM GUIDE

Friday 08th December 2023

**08:30 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, Julia Roberts, Timothee Chalamet, hollywood great Tom Hanks and music legend, Cher!

**09:30 pm The Graham Norton Show (Rpt)** CC M  
Coarse Language

Graham is joined by Dame Helen Mirren, Ariana DeBose and Pedro Pascal, with music from Freya Ridings, who performs her single Weekends. Plus, audience tales from the world famous Big Red Chair.

**10:30 pm To Be Advised**

**11:30 pm To Be Advised**

**12:30 am Good Sam** CC M  
Mature Themes

## ALL NEW EPISODES

### Family/business

As Griff prepares to return to surgery, the hospital board chairwoman makes a stunning announcement that threatens the future of Lakeshore Sentinel. The conflict between Isan and Joey comes to a head.

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

**01:30 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.

**02:30 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.

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

### Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 08th December 2023

**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 09th December 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

**2349 The Invisible War, Part 04: Be Vigilant**

Religious.

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

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** **10 Minute Kitchen** (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.

**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 09th December 2023

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

### **New York City**

Hollywood actor Ben Lawson (Firefly Lane) joins MasterChef's Melissa Leong in the city that never sleeps, New York City.

**12:30 pm** **The Yes Experiment** CC

### **ALL NEW EPISODES**

We are asking parents to relinquish control and say 'yes' to every wild request from their children, this new phenomenon challenges the norm and sparks a polarising debate among parents.

**01:00 pm** **Christmas With Australian Women's Weekly** (Rpt) CC

### **SPECIAL ENCORE PRESENTATION**

#### **Christmas With Australian Women's Weekly**

The Australian Women's Weekly team and friends celebrate Christmas in this one hour TV special. The format brings to life the frivolity of the festive season with fail-safe dishes, craft and incredible table settings.

**02:00 pm** **Exploring Off The Grid** (Rpt) CC G

True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.

**02:30 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.

**03:00 pm** **What's Up Down Under** CC

### **ALL NEW EPISODES**

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

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

Luca shows us his favourite recipes using today's key ingredient, banana

**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.



# SYDNEY PROGRAM GUIDE

## Saturday 09th December 2023

**04:30 pm 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.

**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

The tower is on high alert when a swimmer's quick dip results in a possible spinal injury and the lifeguards farewell a much-loved member of the squad.

**06:30 pm Jamie Oliver: Cooking For Less**

CC G

### ALL NEW EPISODES

Jamie makes meals for under £1 a serve; from a hearty chicken pie with a flavoured pastry, to a mushroom risotto, homemade bread for a spicy bhaji burger, to a chocolatey no-cook fridge cake.

**07:30 pm The Dog House (Rpt)**

CC PG  
Mild Themes

Loveable goofball Peaches sends Jane and Alan into a spin, Hetti enjoys a game of tennis with the Jobanputras to prove that she is really young at heart, and Duchess is back on the charm offensive!

**08:30 pm Ambulance**

CC M  
Coarse Language,  
Mature Themes

### ALL NEW EPISODES

While paramedics care for those in dire need, a weekend night shift takes a turn for the worse as multiple North East Ambulance crews respond to a category one call for a patient in cardiac arrest.

**09:45 pm Ambulance**

CC M  
Coarse Language,  
Mature Themes

### ALL NEW EPISODES

As cold weather bites, so do cases of serious depression as people struggle to pay the bills amid the increasing cost of living crisis. Crews attend to patients who fear they have nothing to live for.



# SYDNEY PROGRAM GUIDE

## Saturday 09th December 2023

**11:00 pm CSI: Vegas** (Rpt)

CC M  
Violence

### **Boned**

The CSI team investigates the death of an archaeologist found near the discovery of an ancient civilization. Max locates another cryptic note after a mentally distressed woman kills her attacker.

Starring: Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Sarah Gilman, Lex Medlin

**12:00 am CSI: Vegas** (Rpt)

CC M  
Violence

### **Third Time's The Charm**

The CSIs investigate the mysterious death of a competitive eating contestant, and Chavez partners with Allie to prove where the mysterious silver ink notes have been coming from.

Starring: Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Derek Webster, Jay Lee

**01:00 am CSI: Vegas** (Rpt)

CC M  
Violence,  
Mature Themes

### **Ashes, Ashes**

A silver ink note threatening Maxine Roby's life is found at the crime lab, sending the entire CSI team into action to crack who is behind the notes and how they connect to other murder cases.

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

**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 Authentic**

CC PG

## **ALL NEW EPISODES**

What if things aren't really what they look like? We're living in a world of fake pictures and videos that are starting to fool lots of people - including you. Shawn Boonstra explores deep fakes.



# SYDNEY PROGRAM GUIDE

Saturday 09th December 2023

**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.