



SYDNEY PROGRAM GUIDE

Sunday 17th 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

503 - You Are Blessed To Be A Blessing

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: Cooking For Less (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Jamie shares meals that keep costs down and flavour up; from a scrumptious fish pie, to a spicy one-pan chicken supper, Minestrone with cheese stuffed pesto bread & super-quick chocolaty microwave pud



SYDNEY PROGRAM GUIDE

Sunday 17th December 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 To Be Advised

01:30 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.

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

Hidden Hermanus

Warren deepens his love of wine by venturing to Newton Johnson, the 'wine farm with a view', and drink their most popular drops matched with food pairings from their restaurant.

02:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

03:00 pm Cook With Luke CC G

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

03:30 pm Good Chef Bad Chef (Rpt) CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:00 pm 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.

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 17th December 2023

06:30 pm The Sunday Project

CC

SEASON FINALE

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
Sexual References,
Coarse Language

ALL NEW EPISODES

Tonight, Wes has some big news, so big that he is in tears when he arrives at the mansion to speak with the ladies. When he composes himself, he drops an absolute bombshell.

08:40 pm NCIS: Hawaii (Rpt)

CC M
Violence

Past Due

The discovery of a dead former MI6 agent uncovers secrets from Tennant's CIA past, forcing her to seek out old contacts and go to extreme lengths to track down the person responsible.

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

09:40 pm NCIS: Hawaii (Rpt)

CC M
Violence

Dies Irae

When a dangerous figure from Tennant's CIA past re-emerges, the NCIS team seeks help from the most unlikely place to catch a killer who threatens to destroy everything Tennant has built.

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

10:40 pm The Secrets She Keeps Encore (Rpt)

CC M
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

In prison with Agatha, the grief-stricken Meghan navigates a nightmare, while Agatha's dream of motherhood seems destined to be stripped away by forces outside her control.

11:40 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am Home Shopping (Rpt)

Home Shopping



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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 18th 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

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 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

Donna models Eric's newest creation of his signature line. Meanwhile, Steffy, Ridge, and Brooke double down on staying united.

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 18th December 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
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

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03:30 pm Farm To Fork

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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

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Eric decides to host a grand gala in honor of his legacy. Steffy tells the family they will do whatever it takes to keep Eric happy, even if they have to pretend and withhold information.

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 18th December 2023

07:30 pm The Bachelors Australia

CC

ALL NEW EPISODES

In the final group date, professional match maker Trudy Gilbert is here to shine a light on aspects of the relationship she sees that our bachelor's might have been blind to.

08:40 pm The Secrets She Keeps

CC M
Coarse Language,
Mature Themes

SEASON FINALE

In a thrilling finale to the series, Agatha and Meghan face their hardest trials yet with an explosive ending that neither will see coming.

09:40 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Mature Themes

Processed

When a celebrity child psychiatrist is kidnapped by the son of a former client, the team races to track down the perpetrator and learn what really happened to him and why he has gone to such extremes.

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

10:40 pm FBI: Most Wanted (Rpt)

CC M
Violence

False Flag

The team is thrown for a loop when they discover that the abductor of a disgraced state police detective is connected to a recent horrific mass shooter case known as "The Summer Camp Massacre".

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.

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 18th December 2023

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04:30 am CBS Mornings

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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 19th 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)

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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

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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

Eric decides to host a grand gala in honor of his legacy. Steffy tells the family they will do whatever it takes to keep Eric happy, even if they have to pretend and withhold information.

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.



SYDNEY PROGRAM GUIDE

Tuesday 19th 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 PG

Sexual References,
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

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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

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

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ALL NEW EPISODES

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



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Tuesday 19th December 2023

07:30 pm The Bachelors Australia

CC

ALL NEW EPISODES

Tonight, In a Bachelor first, The Bachelor's own family, the women and their loved ones will all be meeting under the same roof.

09:10 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Stranger In A Strange Land

NCIS works to solve the murder of a Marine private who appears to have been killed for helping an Afghan refugee. Also, Jimmy navigates the pressure of parenting his teenage daughter's dating life.

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

10:10 pm NCIS: Los Angeles (Rpt)

CC M
Frequent Violence

Blood Bank

When NCIS investigates a shootout on a boat in which two Russian nationals are killed and a rare cultural artifact is stolen, they're shocked to learn who owns the boat.

Starring: Chris O'Donnell, LI Cool J , Gerald McRaney

Guest Starring: Gary Cole, Vanessa Lachey, Wilmer Valderrama

11:10 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.

12:10 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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

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04:30 am CBS Mornings

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SYDNEY PROGRAM GUIDE

Wednesday 20th December 2023

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

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

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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

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

LIVE

10:00 am Studio 10 CC PG

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

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

Wednesday 20th December 2023

01:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language

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

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
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 Bachelors Australia

CC

SEASON FINALE

Tonight, in The Bachelors' Finale, the three bachelors have made their decision, and while love is found, some are sadly left heartbroken.

09:00 pm My Life Is Murder

CC M
Mature Themes

ALL NEW EPISODES

Staying Mum

When Alexa investigates the death of a popular male nanny, she discovers some pushy parents are more terrifying than most killers Alexa has met before.



SYDNEY PROGRAM GUIDE

Wednesday 20th December 2023

10:00 pm **My Life Is Murder**

CC M
Mature Themes

SEASON FINALE

Killer Fashion

The case of a young model's death backstage at a show sees Alexa facing off with a former supermodel as she investigates some absolutely killer fashion.

11:00 pm **To Be Advised**

SPECIAL ENCORE PRESENTATION

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

12:00 am **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.

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

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

Home Shopping

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

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

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

Home Shopping

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

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04:30 am **CBS Mornings**

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SYDNEY PROGRAM GUIDE

Thursday 21st December 2023

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CC PG
Mature Themes

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

CC G

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07:30 am Entertainment Tonight

CC

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08:30 am Judge Judy (Rpt)

CC PG

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CC PG
Sexual References,
Mature Themes

SPECIAL ENCORE PRESENTATION

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CC PG
Mature Themes

10:00 am Studio 10

CC PG

LIVE

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CC PG
Mature Themes

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ALL NEW EPISODES

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06:30 pm The Project

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ALL NEW EPISODES

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07:30 pm Jamie's Christmas Shortcuts

CC G

SEASON FINALE

Betwixmas

Jamie turns to the period between Christmas and New Year, transforming leftovers into delicious dishes. From vegetable tarte tatin and a Brussels sprouts Caesar salad to winter-veg gnocchi.



SYDNEY PROGRAM GUIDE

Thursday 21st December 2023

08:30 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Blood Out

Velasco takes drastic action to get information from a witness as Benson and Carisi put crime boss Oscar Papa on trial. Fin tries to help a woman who was drugged and left for dead in a garbage truck.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Kevin Kane

Guest Starring: Christopher Meloni

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

CC M
Violence,
Mature Themes

Intersection

A car accident leads the detectives on a search for an ambulance driver who is abducting and raping female patients. Fin gives potential new recruit, Brooklyn's Det. Bruno, a tour of Manhattan SVU.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Molly Burnett, Kevin Kane

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Poetic Justice

Frank and Mayor Chase butt heads over an outspoken off-duty cop, Danny crosses paths with a criminal from an old case, and Jamie probes a potentially dirty officer whose identity may be close to home.

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

11:30 pm The Project Encore (Rpt)

CC

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12:30 am The Late Show With Stephen Colbert CC PG

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SYDNEY PROGRAM GUIDE

Friday 22nd December 2023

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Mature Themes

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09:00 am The Bold & The Beautiful (Rpt) CC PG
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SPECIAL ENCORE PRESENTATION

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

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02:00 pm Christmas With Australian Women's Weekly (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Christmas With Australian Women's Weekly

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

03:00 pm Entertainment Tonight

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SYDNEY PROGRAM GUIDE

Friday 22nd December 2023

07:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Get ready for another wickedly cheeky episode of The Graham Norton Show, with celebrity guests Imelda Staunton, incoming Doctor Who Ncuti Gatwa, Jamie Dornan, Jack Lowden and music by Gregory Porter.

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

Compilation #2

Join Graham Norton and some of his top guests including Tom Hanks, Cate Blanchett, Hugh Jackman, Naomi Ackie, Brendan Fraser, Dame Judi Dench, Jamie Dornan, Kate Winslet, Lizzo, Margot Robbie and more

09:30 pm To Be Advised

10:30 pm To Be Advised

11:30 pm Good Sam CC M
Mature Themes

ALL NEW EPISODES

To Whom IT May Concern

The battle between Sam and Griff takes a shocking turn that will irrevocably change their family dynamic and the future of the hospital.

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 22nd December 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 23rd 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	<p>ALL NEW EPISODES <u>2351 The Invisible War, Part 06: The Armor Of God</u> Religious.</p>
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	<p>SPECIAL ENCORE PRESENTATION</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.
08:30 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.
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 23rd December 2023

12:00 pm	Luxury Escapes (Rpt)	CC G	<p><u>Australia</u></p> <p>Love It Or List It's Neale Whitaker and Andrew Winter take a break on an incredible Aussie getaway, taking in the sights of Sydney, and lounging around on Lizard Island.</p>
12:30 pm	The Yes Experiment	CC	<p><u>ALL NEW EPISODES</u></p> <p><u>Delahunty Family</u></p> <p>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.</p>
01:00 pm	To Be Advised		
02:30 pm	Good Chef Bad Chef (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>
03:00 pm	Healthy Homes (Rpt)	CC G	<p>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.</p>
03:30 pm	Luca's Key Ingredient (Rpt)	CC G	<p>Luca shows us his favourite recipes using today's key ingredient, small goods.</p>
04:00 pm	My Market Kitchen	CC G	<p><u>ALL NEW EPISODES</u></p> <p>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.</p>
04:30 pm	Farm To Fork (Rpt)	CC G	<p>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.</p>



SYDNEY PROGRAM GUIDE

Saturday 23rd December 2023

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Jamie Oliver: Cooking For Less

CC G

ALL NEW EPISODES

Jamie Oliver makes a giant Yorkshire pudding with stuffing and roast veg, cheesy gnocchi with bacon, spicy kipper kedgeree, and easy ice cream, all for under a quid a portion

07:00 pm The Dog House

CC PG
Mature Themes

SPECIAL EVENT

Christmas Special

The team at Woodgreen make their abandoned dogs feel extra special this time of year with their very own doggy Christmas dinner! But will they find their guests a perfect home in time for Christmas?

08:00 pm Ambulance

CC M
Coarse Language,
Strong Adult Themes

ALL NEW EPISODES

Every second counts as multiple crews, including police and fire, are dispatched after a suicidal patient phones in a bomb threat. Then, crews come under pressure on a very busy St Patrick's Day.

09:15 pm Ambulance

CC M
Coarse Language,
Strong Adult Themes

SEASON FINALE

Emily and Gayle respond to calls regarding an attempted suicide and an 81-year-old who has fallen off his mobility scooter. Things take a turn for the worst when crews find a child in cardiac arrest.

10:30 pm CSI: Vegas (Rpt)

CC M
Violence,
Mature Themes

Dead Memories

Wrongly accused former suspect Gene Farrow enters the lab covered in blood, wielding a cleaver and looking for Allie Rajan. The CSIs investigate his story about a macabre party with a fatal ending.

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



SYDNEY PROGRAM GUIDE

Saturday 23rd December 2023

11:30 pm CSI: Vegas (Rpt)

CC M
Violence,
Mature Themes

Shell Game

The CSI team investigates a case where an ambitious investigative reporter is found dead at a pistachio factory, while the crime lab buzzes with bets on who Max will promote to day shift supervisor.

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

12:30 am CSI: Vegas (Rpt)

CC M
Violence,
Mature Themes

Dying Words

The CSI team investigates a murder case that hits close to home for Folsom, who is forced to sit the investigation out. While Folsom does his own digging, the team members race to arrest the suspect.

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

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 Authentic

CC PG

ALL NEW EPISODES

Would it surprise you that Christians haven't always loved Christmas? In fact, Shawn Boonstra says, the Christmas season has actually sparked some of the biggest debates in the history of Christianity

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.