



SYDNEY PROGRAM GUIDE

Sunday 24th 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 PG
Mature Themes

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

504 - Break Free From The Chains Of Condemnation

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 Christmas Shortcuts (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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

Sunday 24th 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 Jamie Oliver Cooking For Less (Rpt)	CC G	<u>Jamie Oliver: Cooking For Less</u> With the cost of food and energy on the rise, Jamie's Cooking For Less is all about delicious recipes that won't blow the budget.
01:00 pm My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
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	<u>Paternoster By The Sea</u> Warren is heading into the picturesque town of Paternoster, with a local fisherman to haul a few of South Africa's famous crayfish to make a rich bisque and pasta dish with their sweet meat.
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 My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
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 Christmas With Australian Women's Weekly (Rpt)	CC G	<u>SPECIAL ENCORE PRESENTATION</u> <u>Christmas With Australian Women's Weekly</u> 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.



SYDNEY PROGRAM GUIDE

Sunday 24th 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 Paw Patrol: The Movie (2021)

CC G

MOVIE PREMIERE

The PAW Patrol is on a roll! Ryder and the pups are called to Adventure City to stop Mayor Humdinger from turning the bustling metropolis into a state of chaos.

07:40 pm Have You Been Paying Attention To 2023? (Rpt)

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

In the season finale, have Celia Pacquola, Kitty Flanagan, Anne Edmonds, Ed Kavalee and Sam Pang been paying attention to 2023? Host Tom Gleisner is about to find out.

08:50 pm Top Gun (Rpt)(1986)

CC M
Sex Scenes

MOVIE

Maverick is a hot young recruit at a prestigious naval training school for fighter pilots and aspires to become the best of the best against all odds.

Starring: Tom Cruise, Val Kilmer, Kelly McGillis, Anthony Edwards

11:05 pm Daddy's Home 2 (Rpt)(2017)

CC PG
Sexual References,
Coarse Language,
Crude Humour

MOVIE

Dusty's macho dad and Brad's gentle father join forces to make Christmas perfect for the kids by taking them to a luxury resort for a fun-filled getaway that turns into a hilariously chaotic adventure

Starring: Will Ferrell, Mark Wahlberg, Mel Gibson, John Lithgow, Linda Cardellini

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 24th December 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

Monday 25th 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

SPECIAL ENCORE PRESENTATION

Eric shares a special moment with each of his family members and guests. Meanwhile, Li becomes suspicious of why Finn is researching when he should be with Steffy at the Forrester Mansion.

10:00 am Studio 10

CC PG

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



SYDNEY PROGRAM GUIDE

Monday 25th December 2023

12:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

Jessie rescues an American tourist from relatively calm waters, which results in a CPR effort from not just the Lifeguards but also paramedics and the Jewish Medical Response team.

12:30 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

01:00 pm Dr Phil (Rpt)

CC PG
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 Jamie's One Pan Christmas (Rpt)

CC G

Jamie's ONE-Pan Christmas

Jamie gets festive with a range of delicious no-fuss Christmas recipes. There's a salmon gravadlax starter, brand new ways to do the turkey, roasties, Brussels & a fun new take on the Yorkshire pud!

02:45 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.

03:00 pm The King's Christmas Message

SPECIAL EVENT

03:15 pm Entertainment Tonight

CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

03:30 pm 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.



SYDNEY PROGRAM GUIDE

Monday 25th December 2023

04:00 pm Neighbours CC PG
Mature Themes

04:30 pm Jamie's One Pan Wonders (Rpt) CC G

05:00 pm 10 News First CC

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes,
Nudity

06:30 pm The Project **NO**
CC

07:30 pm The Cheap Seats (Rpt) CC M
Coarse Language,
Mature Themes,
May Contain:

08:30 pm How To Lose A Guy In 10 Days (Rpt) CC PG
(2003) Sexual References,
Coarse Language

10:50 pm Just Like Heaven (Rpt)(2005) CC PG
Sexual References,
Mild Coarse
Language,
Mature Themes

ALL NEW EPISODES

Jamie kicks off the series with a simple and delicious frying-pan pasta, a clever twist on a fish pie that's full of flavour, and a sublime roast lamb feast with a fantastic hack to speed up cooking.

LIVE

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

After two years of closed borders, Bondi is back to it's busy best and the lifeguards have their work cut out for them as international and interstate visitors return to the world's most famous beach.

BEST-OF PRESENTATION

Taking a fun look at 2023 are The Cheap Seats hosts Melanie Bracewell and Tim McDonald. Joining in on the action are Mel Tracina and special guest Andy Lee.

MOVIE

A ladies man bets that he can make a woman fall in love with him in 10 days. Unfortunately for him, he falls in love with a woman who has just been assigned an article: How to Lose a Guy in 10 Days.

Starring: Matthew McConaughey, Kate Hudson, Adam Goldberg, Kathryn Hahn, Bebe Neuwirth

MOVIE

What if your new home isn't exactly empty? A lonely landscape architect falls for the spirit of the beautiful woman who used to live in his new apartment and who is convinced that she's still alive.

Starring: Reese Witherspoon, Mark Ruffalo, Donal Logue, Dina Waters, Ben Shenkman, Jon Heder



SYDNEY PROGRAM GUIDE

Monday 25th December 2023

12:50 am **The Project Encore**

01:50 am **The Late Show With Stephen Colbert** CC PG

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

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

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

04:30 am **CBS Mornings** CC

SPECIAL ENCORE PRESENTATION

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.

Home Shopping

Home Shopping

Home Shopping

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 26th 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 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 Jamie's One Pan Wonders (Rpt)

CC G

Jamie kicks off the series with a simple and delicious frying-pan pasta, a clever twist on a fish pie that's full of flavour, and a sublime roast lamb feast with a fantastic hack to speed up cooking.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

10:00 am Studio 10

CC PG

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



SYDNEY PROGRAM GUIDE

Tuesday 26th December 2023

12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.
12:30 pm Bondi Rescue (Rpt)	CC PG Coarse Language	With a record 234 rescues performed in Bondi on one day, Australia's prettiest playground can quickly become a nightmare for tourists not used to the precarious surf conditions.
01:00 pm Dr Phil (Rpt)	CC PG 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 My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
02:30 pm The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mild Themes	Brooke decides to join the Forrester Creations team on their trip to Italy. Hope continues to wrestle with fantasy versus reality.
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



SYDNEY PROGRAM GUIDE

Tuesday 26th December 2023

04:30 pm Jamie's One Pan Wonders (Rpt)	CC G	With more easy and delicious meals cooked in just one pan, Jamie prepares a speedy, flavour-packed smoky noodle soup, the cleverest home-made bread and a chicken and mushroom pie with perfect pastry.
LIVE		
05:00 pm 10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:00 pm Bondi Rescue (Rpt)	CC PG	Harries is reminded of his mother when he meets a group of children from war torn Ukraine. Jack and Azza race to the aid of a young surfer on the beach who insists he hasn't even been in the water.
BEST-OF PRESENTATION		
06:30 pm The Project	NO CC	
07:30 pm Thank God You're Here (Rpt)	CC PG Sexual References, Coarse Language, Drug References	Urzila Carlson, Aaron Chen, Julia Zemiro & Mark Bonanno step through the blue door for the first episode of the return season of Thank God You're Here, with new host, Celia Pacquola!
08:30 pm Inspired Unemployed (Impractical) Jokers (Rpt)	CC M Sexual References	The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they become receptionists and create chaos amongst the clients.
09:00 pm The Italian Job (Rpt)(2003)	CC M WS Violence, Coarse Language	A gang of double-crossed thieves attempt to reclaim their stolen gold and avenge their mentor's death by creating the largest ever traffic jam in Los Angeles. Starring: Mark Wahlberg, Charlize Theron, Donald Sutherland, Edward Norton, Seth Green



SYDNEY PROGRAM GUIDE

Tuesday 26th December 2023

11:15 pm The Bank Job (Rpt)(2008)

CC MA15+
Sexual References,
Strong Coarse
Language

MOVIE

When Terry accepts his ex-girlfriend Martine's offer to pull off a bank heist, he learns that there are powerful players who also have designs on the cash, jewelry and dirty secrets inside the vault.

Starring: Jason Statham, Saffron Burrows, Daniel Mays, Keeley Hawes

01:30 am The Project Encore

SPECIAL ENCORE PRESENTATION

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

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 27th 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 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 Jamie's One Pan Wonders (Rpt)

CC G

With more easy and delicious meals cooked in just one pan, Jamie prepares a speedy, flavour-packed smoky noodle soup, the cleverest home-made bread and a chicken and mushroom pie with perfect pastry.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

10:00 am Studio 10

CC PG

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



SYDNEY PROGRAM GUIDE

Wednesday 27th December 2023

12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	Trainee Lachie will find out if he has made a big enough impression on Hoppo and the team to earn him a permanent spot on the Bondi lifeguard squad.
12:30 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Medical Procedures	Jethro is faced with the most challenging rescue of his career and the Lifeguards suddenly become the ones in danger when the 4WD buggy is swamped by waves.
01:00 pm Dr Phil (Rpt)	CC PG 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 My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
02:30 pm The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Steffy makes a promise. Taylor deals with the consequences of her scheme to eliminate Brooke as an obstacle for Ridge's heart. Eric predicts that Rome will be a successful trip for multiple reasons.
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



SYDNEY PROGRAM GUIDE

Wednesday 27th December 2023

04:30 pm Jamie's One Pan Wonders (Rpt) CC G

Jamie shows us how to cook a traybaked salmon in a bag, tomato fritters that can be prepared in a frying pan, and roasted rolled pork with a risotto that are both cooked in the same casserole pan.

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

As the day closes, a swimmer struggles in the water. Without a rescue board, Chappo sprints down the beach and dives into the water. Bagus bares it all in a nude photo shoot with thousands of people.

06:30 pm The Project **NO CC**

BEST-OF PRESENTATION

07:30 pm Thank God You're Here (Rpt) CC M

Sexual References,
Coarse Language,
Drug References

Comedians Lloyd Langford, Luke McGregor and Geraldine Hickey, plus radio presenter Fifi Box, step through the blue door for the second episode of the return season of 'Thank God You're Here'.

08:30 pm Inspired Unemployed (Impractical) Jokers (Rpt) CC M

Sexual References,
Crude Humour

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they take over a suburban supermarket causing chaos at the checkout.

09:00 pm Forrest Gump (Rpt)(1994) CC M

Violence,
Coarse Language,
Mature Themes

MOVIE

Gentle soul Forrest Gump innocently stumbles from one memorable experience into another through American history from the 1950s onwards, supported by his love for his childhood sweetheart, Jenny.

Starring: Tom Hanks, Robin Wright, Gary Sinise, Sally Field, Mykelti Williamson



SYDNEY PROGRAM GUIDE

Wednesday 27th December 2023

11:45 pm Mission Impossible (Rpt)(1996)

CC M
WS Violence

MOVIE

Ethan Hunt, a secret agent framed for the deaths of his espionage team and fleeing from government assassins, must break into the CIA'S most impenetrable vault to uncover the real perpetrators.

Starring: Tom Cruise, Jon Voight, Ving Rhames, Emmanuelle Béart, Jean Reno

02:00 am The Project Encore

SPECIAL ENCORE PRESENTATION

03:00 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.

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 28th 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 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 Jamie's One Pan Wonders (Rpt)

CC G

Jamie shows us how to cook a traybaked salmon in a bag, tomato fritters that can be prepared in a frying pan, and roasted rolled pork with a risotto that are both cooked in the same casserole pan.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

10:00 am Studio 10

CC PG

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



SYDNEY PROGRAM GUIDE

Thursday 28th December 2023

12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language	In the throes of massive swell and unpredictable weather, the Bondi lifeguards push each other to their limits in the annual lifeguard challenge.
12:30 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.
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 My Market Kitchen (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
02:30 pm The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mild Themes	Taylor is once again left disappointed. Hope and Liam share a deeply emotional goodbye.
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



SYDNEY PROGRAM GUIDE

Thursday 28th December 2023

04:30 pm Jamie's One Pan Wonders (Rpt) CC G

Jamie Oliver takes midweek meals up a notch, as he knocks out flavour-packed gnocchi and giant spicy meatballs, and turns a family favourite on its head with his upside-down fish pie.

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

Glick's jetski does something unusual. Chase and Will race to the north of Bondi after reports a man has fallen off the cliff. Whippet is brought to tears upon seeing how money he raised changed lives

06:30 pm The Project **NO
CC**

BEST-OF PRESENTATION

07:30 pm Thank God You're Here (Rpt) CC M
Sexual References,
Coarse Language,
Dangerous Activity

Actor Virginia Gay and comedians Guy Montgomery, Danielle Walker and Aaron Chen, step through the blue door for the third episode of the return season of 'Thank God You're Here.'

08:30 pm Inspired Unemployed (Impractical) Jokers (Rpt) CC PG
Sexual References,
Coarse Language

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, the jokers become wait staff at a fancy restaurant.

09:00 pm Catch Me If You Can (Rpt)(2002) CC M
WS Sexual References,
Coarse Language

MOVIE

Directed by Steven Spielberg, this is the true story of Frank Abagnale Jr, who, before his 19th birthday, successfully conned everyone he met into believing he was a pilot, doctor, and lawyer.

Starring: Leonardo Di Caprio, Tom Hanks, Christopher Walken, Martin Sheen, Amy Adams, Jennifer Garner



SYDNEY PROGRAM GUIDE

Thursday 28th December 2023

11:50 pm Mission Impossible II (Rpt)(2000) CC M
WS Violence

MOVIE

Super secret spy, Ethan Hunt, is sent to Australia to find and destroy a genetically modified disease and recover its antidote. The only thing standing in his way is a diabolical madman.

Starring: Tom Cruise, Thandie Newton, Ving Rhames, Richard Roxburgh, John Polson

02:20 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

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 29th 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 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 Jamie's One Pan Wonders (Rpt)

CC G

Jamie Oliver takes midweek meals up a notch, as he knocks out flavour-packed gnocchi and giant spicy meatballs, and turns a family favourite on its head with his upside-down fish pie.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

10:00 am Studio 10

CC PG

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



SYDNEY PROGRAM GUIDE

Friday 29th December 2023

12:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

A miscommunication during a serious rescue could cost two people their lives. Mouse & Jess must overcome their anxiety & administer adrenaline to a young woman suffering from an allergic reaction.

12:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

Harrison's life is put on the line when he attempts to save a brother and sister who, in their panic, start to drown the lifeguard that is there to rescue them.

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 My Market Kitchen (Rpt)

CC G

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

02:30 pm The Bold & The Beautiful (Rpt)

CC PG
Mature Themes

Liam turns to an unexpected source for guidance. Hope is unaware that more than one person is watching her.

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.



SYDNEY PROGRAM GUIDE

Friday 29th December 2023

04:30 pm Jamie's One Pan Wonders

CC G

Jamie whips up super-speedy smashed lemongrass chicken, flavour-packed sweet potato chilli with homemade nachos, and a chocolate party tray cake with tinned mandarins and buttercream.

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

The international borders are open and tourists flock to Bondi. Hoppo demonstrates his Float To Survive technique. Chase checks out Bondi's grey nurse shark colony. Will races in to rescue a swimmer.

06:30 pm The Project

**NO
CC**

BEST-OF PRESENTATION

07:30 pm Thank God You're Here (Rpt)

CC PG
Sexual References,
Coarse Language

TV Host and radio legend, Hamish Blake plus comedians Emma Holland, He Huang and Ross Noble step through the blue door on 'Thank God You're Here.'

08:30 pm Inspired Unemployed (Impractical) Jokers (Rpt)

CC M
Mature Themes

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, first aid turns into worst aid as they become instructors.

09:00 pm Rambo: Last Blood (Rpt)(2019)

CC MA15+
Strong Violence,
Mature Themes

MOVIE

When a vicious Mexican cartel kidnaps his friend's teenage daughter Gabriela, Vietnam War veteran John Rambo crosses the border on a bloody and personal quest to rescue her and punish those responsible.

Starring: Sylvester Stallone, Paz Vega, Sergio Peris-Mencheta, Yvette Monreal, Adriana Barraza

10:55 pm Mission Impossible III (Rpt)(2006)

CC M
Action Violence

MOVIE

Retired IMF agent Ethan Hunt faces the toughest foe of his career: a cunning and ruthless international arms broker who threatens Hunt and all that he holds dear – including the woman Hunt loves.

Starring: Tom Cruise, Philip Seymour Hoffman, Ving Rhames, Michelle Monaghan, Simon Pegg



SYDNEY PROGRAM GUIDE

Friday 29th December 2023

01:25 am **The Project Encore**

SPECIAL ENCORE PRESENTATION

02:25 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

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 30th 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

2352 What Does Jesus Think About Christmas?

Religious.

07:00 am Reel Action (Rpt) CC G

Reel Action is a show which focuses on the fish, techniques and the right tools for the job. It is set in great locations accessible to the average angler.

07:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

08:00 am iFish (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.

08:30 am Farm To Fork (Rpt) CC G

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 Jamie's 5 Ingredient Mediterranean CC G

ALL NEW EPISODES

Jamie shares two hearty dishes that elevate store-cupboard staples to the next level, and calls on Gennaro Contaldo, to rustle up some delicious homemade gnocchi using just 5 easy ingredients.



SYDNEY PROGRAM GUIDE

Saturday 30th December 2023

11:00 am The Dog House (Rpt)	CC PG Mature Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p><u>Christmas Special</u></p> <p>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?</p>
12:00 pm Pooches At Play (Rpt)	CC G	<p>Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals.</p>
12:30 pm The Yes Experiment	CC	<p>ALL NEW EPISODES</p> <p><u>Raby 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 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>
01:30 pm Exploring Off The Grid (Rpt)	CC PG Coarse Language	<p>True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.</p>
02:00 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>
02:30 pm Luca's Key Ingredient (Rpt)	CC G	<p>Luca shows us his favourite recipes using today's key ingredient, coffee</p>
03:00 pm Jamie Oliver: Cooking For Less	CC G	<p>ALL NEW EPISODES</p> <p>Jamie shares more low cost meals full of flavour: from a root veg pie, to his sticky BBQ chicken with chunky potato wedges, a cheesy enchilada packed full of veg, and an upside-down pineapple cake.</p>



SYDNEY PROGRAM GUIDE

Saturday 30th December 2023

04:00 pm My Market Kitchen CC G

ALL NEW EPISODES

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

04:30 pm Farm To Fork (Rpt) CC G

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 Clifford The Big Red Dog (2021) CC PG
Mild Violence,
Crude Humour

MOVIE

Emily discovers her little red puppy Clifford has grown 10-feet overnight, she'll enlist the help of the neighborhood to keep the big playful pup out of trouble in this larger-than-life adventure!

07:55 pm Sahara (Rpt)(2005) CC M
WS Violence

MOVIE

An explorer's quest to find a lost Civil War battleship leads him and his crew to Africa where they dig up far more trouble and adventure than they were expecting.

Starring: Matthew McConaughey, Penelope Cruz, Steve Zahn, William H Macy

10:25 pm Mission Impossible: Ghost Protocol (Rpt)(2011) CC M
Violence

MOVIE

The entire IMF agency is disavowed when Ethan Hunt is blamed for the bombing of the Kremlin, causing his new team to go rogue with him to clear their organisation's name and prevent another attack.

Starring: Tom Cruise, Jeremy Renner, Simon Pegg, Paula Patton, Michael Nyqvist



SYDNEY PROGRAM GUIDE

Saturday 30th December 2023

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 Authentic

CC PG

ALL NEW EPISODES

Seems like we're ripping apart the very foundations of our stable society. Shouldn't we stop to ask why? Shawn Boonstra says these "de-constructors" are building on wrongheaded ideas.

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.