



SYDNEY PROGRAM GUIDE

Sunday 31st 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
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

505 - Remember All His Benefits

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 Taste Of Australia With Hayden Quinn (Rpt) CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.



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Sunday 31st December 2023

09:30 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.

10:00 am Jamie's 5 Ingredient Mediterranean CC G

ALL NEW EPISODES

Jamie's got a speedy, tasty twist on your Sunday roast that keeps it all in one pan; and puts store-cupboard essentials centre stage in two fabulous family meals that are made in minutes.

11:00 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!

12:00 pm Pat Calinan's 4x4 Adventure (Rpt) CC G

Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.

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 Destination Dessert (Rpt) CC G

From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.

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

Beyond Blyde Canyon

As the final stanza in Warren's Food Trail of South Africa, he'll take a chopper ride over the largest canyon in Africa, whip up a biltong quiche and create a hearty vegetable soup.

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.



SYDNEY PROGRAM GUIDE

Sunday 31st December 2023

03:00 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.

03:30 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 Jamie's One Pan Wonders (Rpt)

CC G

Jamie shares three more one-pan wonders: an unbelievably tasty aubergine burger, the quickest sesame-seared salmon supper, and a batch meal chickpea and squash casserole.

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 Sonic The Hedgehog 2 (2022)

CC PG
Action Violence,
Coarse Language,
Crude Humour

MOVIE

Dr. Robotnik enlists Knuckles the Echidna to help search for an emerald with the power to destroy civilizations. Sonic and his new sidekick Tails must stop Dr. Robotnik's evil plan at all costs.

Starring: Jim Carrey, James Marsden, Ben Schwartz, Idris Elba, Tika Sumpter, Adam Pally

08:25 pm The First Wives Club (Rpt)(1996)

CC PG
Mild Coarse
Language,
Mature Themes

MOVIE

Celebrate Nineties Week on Eleven. Three wealthy New York society women form the "First Wives Club" in order to exact revenge on their husbands who have left them for younger women.

Starring: Bette Midler, Goldie Hawn, Diane Keaton, Stockard Channing, Sarah Jessica Parker, Bronson Pinchot, Maggie Smith



SYDNEY PROGRAM GUIDE

Sunday 31st December 2023

10:30 pm Hustlers (Rpt) (2019)

CC MA15+
Sexual References,
Coarse Language,
Nudity

MOVIE

When the 2008 economic collapse hits their Wall Street clientele hard, Destiny and Ramona concoct a plan with their fellow nightclub strippers to turn the tables on these greedy power players.

Starring: Jennifer Lopez, Constance Wu, Julia Stiles, Cardi B, Lizzo

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 01st January 2024

06:00 am **Luxury Escapes** (Rpt) CC G

Queensland

What is it they say, Queensland: beautiful one day perfect the next!? Cameron starts his Queensland escape in Brisbane before heading north to celebrate the reef from Townsville.

06:30 am **My Market Kitchen** (Rpt) CC G

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

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 **Jamie's One Pan Wonders** (Rpt) 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.

09:30 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.

10:00 am **Hungry** (Rpt) CC G

Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.



SYDNEY PROGRAM GUIDE

Monday 01st January 2024

10:30 am Luxury Escapes (Rpt)	CC PG	<p><u>Maldives</u></p> <p>Sophie Falkiner welcomes her new co-host, Cameron Daddo, on board for series five before taking advantage of international travel re-opening with an escape to the Maldives.</p>
11:00 am Food Trail: South Africa (Rpt)	CC G	<p><u>The Kalahari</u></p> <p>Warren's first stop on his food trail of South Africa is Tswalu Nature Reserve, he meets with acclaimed Chef Marnus to cook up some exciting South African delicacies, with an array of local produce</p>
11:30 am Planet Shapers (Rpt)	CC G	<p><u>Planet Shapers</u></p> <p>Sustainability stories about innovating, adapting and changing the way we live and work.</p>
12:00 pm Bondi Rescue (Rpt)	CC PG Mature Themes	<p>New recruit Josh experiences a day he will never forget. It's been a long hot summer with the lifeguards protecting beachgoers at the unpredictable Bondi Beach.</p>
12:30 pm Bondi Rescue (Rpt)	CC PG Mature Themes	<p>It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.</p>
01:00 pm Dr Phil (Rpt)	CC PG Coarse Language, Mature Themes	<p>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.</p>
02:00 pm My Market Kitchen (Rpt)	CC G	<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>
02:30 pm The Bold & The Beautiful (Rpt)	CC PG Mild Themes	<p>R.J. gets some attention. Liam decides to take matters into his own hands.</p>



SYDNEY PROGRAM GUIDE

Monday 01st January 2024

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

Melanie and Krista face up to their past mistakes. Nicolette puzzles over a mysterious gift. Terese is confronted by an emotional truth.

04:30 pm Jamie's Easy Meals For Every Day (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Bolognese and Roast Chicken.

Starring: Jamie Oliver

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

New Year's Day arrives and Harrison is on alert as thousands descend on Bondi Beach for the 1st sunrise of the year. In the biggest challenge of his career, Harries is alerted to a baby not breathing.

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

07:30 pm Thank God You're Here (Rpt) CC PG
Sexual References,
Coarse Language,
Drug References

Michelle Brasier, Marty Sheargold, Ray O'Leary & Julia Morris step through the blue door on another episode of 'Thank God You're Here.'



SYDNEY PROGRAM GUIDE

Monday 01st January 2024

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

CC PG
Coarse Language

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode they play one of their favourite games, You Laugh You Lose.

09:00 pm Weird: The Al Yankovic Story (Rpt) (2022)

CC M
Violence,
Drug Use,
Crude Humour

MOVIE

The "true" story of 'Weird' Al Yankovic's life, from his meteoric rise to fame with early hits like 'Eat It' and 'Like a Surgeon' to his torrid celebrity love affairs and famously depraved lifestyle.

Starring: Daniel Radcliffe, Rainn Wilson, Julianne Nicholson, Evan Rachel Wood

11:05 pm Transformers (Rpt)(2007)

CC M
Action Violence

MOVIE

The fate of humanity is at stake when two races of robots, the good Autobots and the villainous Decepticons, bring their war to Earth, and only a human youth can save the world from total destruction.

Starring: Shia LaBeouf, Megan Fox, Josh Duhamel, Tyrese Gibson, Rachael Taylor, Jon Voight, John Turturro, Kevin Dunn, Hugo Weaving

01:50 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.

03:00 am Home Shopping (Rpt)

[Home Shopping](#)

03:30 am Home Shopping (Rpt)

[Home Shopping](#)

04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 02nd January 2024

06:00 am **Luxury Escapes** (Rpt) CC G

Italy / Blue Mountains

Cameron begins his journey with some adventure and relaxation in The Blue Mountains. Then he's off to fashionable Milan, followed by a trip to majestic Lake Como.

06:30 am **My Market Kitchen** (Rpt) CC G

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

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 Easy Meals For Every Day** (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Bolognese and Roast Chicken.

Starring: Jamie Oliver

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

SPECIAL ENCORE PRESENTATION

Melanie and Krista face up to their past mistakes. Nicolette puzzles over a mysterious gift. Terese is confronted by an emotional truth.



SYDNEY PROGRAM GUIDE

Tuesday 02nd January 2024

10:00 am Hungry (Rpt)	CC G	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
10:30 am Luxury Escapes (Rpt)	CC G	<u>Hawaii</u> Cameron Daddo is on an enviable escape in Hawaii and the island of O'ahu where he runs into former Australian Bachelor, Jimmy and his partner Holly.
11:00 am Food Trail: South Africa (Rpt)	CC G	<u>Cape Town</u> Warren heads to the bustling city of Cape Town. Here, he cooks up a Cape Malay Curry in Bo Kaap, and visits a lively farmers market. then, heads south to the fishing village of Simonstown.
11:30 am Planet Shapers (Rpt)	CC G	<u>Planet Shapers</u> Sustainability stories about innovating and adapting to create a more sustainable world.
12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.
12:30 pm Bondi Rescue (Rpt)	CC PG Drug References	It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.
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 Prahlan Market cooking a variety of delicious and easy to follow recipes.



SYDNEY PROGRAM GUIDE

Tuesday 02nd January 2024

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

CC PG
Mild Themes

Liam prepares to make a grand gesture. Ridge and Brooke take in the grandeur of Rome

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

Terese nurses a quiet discomfort. Karl is concerned about Holly's relationship. Aaron and Cara concoct a cunning plan.

04:30 pm Jamie's Easy Meals For Every Day (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Cauliflower and Chicken Kiev.

Starring: Jamie Oliver

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

**NO
CC**

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

CC PG
Sexual References,
Coarse Language

Comedians Joel Creasey, Frankie McNair, Lloyd Langford, and Julia Zemiro step through the blue door to test their quick wit on 'Thank God You're Here.'



SYDNEY PROGRAM GUIDE

Tuesday 02nd January 2024

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

CC M
Sexual References,
Crude Humour,
Nudity

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, Virtual Golf becomes virtual insanity.

09:00 pm Star Trek (Rpt)(2009)

CC M
WS Violence

MOVIE

The greatest sci-fi adventure of all time begins with Star Trek, the incredible story of a young crew's maiden voyage onboard the most advanced starship ever created: the U.S.S. Enterprise.

Starring: Chris Pine, Zachary Quinto, Leonard Nimoy, Karl Urban, Eric Bana

11:30 pm Transformers: The Last Knight (Rpt) (2017)

CC M
Action Violence,
Coarse Language

MOVIE

Humans are at war with the Transformers, and Optimus Prime is gone. Now, it's up to the unlikely alliance of inventor Cade Yeager, Bumblebee, an English lord and an Oxford professor to save the world.

Starring: Mark Wahlberg, Laura Haddock, Anthony Hopkins, Josh Duhamel, Santiago Cabrera

02:35 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 03rd January 2024

06:00 am **Luxury Escapes** (Rpt) CC G

Disneyland

Cameron is joined by comedian and Disney-fanatic, Tanya Hennessy. For this magical escape to the "Happiest Place on Earth", the pair get the VIP treatment as they experience Disneyland California.

06:30 am **My Market Kitchen** (Rpt) CC G

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

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 Easy Meals For Every Day** (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Cauliflower and Chicken Kiev.

Starring: Jamie Oliver

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

SPECIAL ENCORE PRESENTATION

Terese nurses a quiet discomfort. Karl is concerned about Holly's relationship. Aaron and Cara concoct a cunning plan.



SYDNEY PROGRAM GUIDE

Wednesday 03rd January 2024

10:00 am	Hungry (Rpt)	CC G	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
10:30 am	Luxury Escapes (Rpt)	CC G	<u>Bali</u> Sophie meets up with former Bachelorette and Bachelor contestant, Brooke Blurton, as they take you on a tour of Bali and visit two of its finest resorts.
11:00 am	Food Trail: South Africa (Rpt)	CC G	<u>Cape Coast</u> Warren continues at the township of Khayelitsha home to some micro-farming initiatives. Arriving at Grootbos Private Nature Reserve, he cooks a fish Braai with fresh produce from the property's farm.
11:30 am	Planet Shapers (Rpt)	CC G	<u>Planet Shapers</u> Sustainability stories about innovating and adapting to create a more sustainable world.
12:00 pm	Bondi Rescue (Rpt)	CC PG	It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.
12:30 pm	Bondi Rescue (Rpt)	CC PG Coarse Language	It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.
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.



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Wednesday 03rd January 2024

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

CC PG
Mild Themes

Liam finds a way to get to Hope. Ridge's uncertainty is disproved.

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

Karl's concerns are amplified after he sees something he shouldn't. Melanie and Terese make loaded assumptions. Paul puts the pressure on Krista.

04:30 pm Jamie's Easy Meals For Every Day (Rpt)

CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Cannelloni and Prawn Kebabs.

Starring: Jamie Oliver

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

**NO
CC**

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

CC M
Sexual References,
Coarse Language

Melanie Bracewell, Rhys Nicholson, Dane Simpson & Urzila Carlson step through the blue door to take the nail-biting challenge on 'Thank God You're Here.'



SYDNEY PROGRAM GUIDE

Wednesday 03rd January 2024

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, they're asking unsuspecting dental patients to open up and say Arrrghh!!!

09:00 pm Star Trek Into Darkness (Rpt)(2013)

CC M
Violence

MOVIE

After the crew of the Enterprise encounter an unstoppable force of terror from within Starfleet, Captain Kirk leads a manhunt to a war-zone world to capture a one-man weapon of mass destruction.

Starring: Chris Pine, Zachary Quinto, Benedict Cumberbatch, Simon Pegg, Karl Urban

11:35 pm Star Trek Beyond (Rpt)(2016)

CC M
Violence,
Mature Themes

MOVIE

A surprise attack in outer space forces the Enterprise to crashland on a hostile world. Captain Kirk and his crew must now battle a deadly life-sucking alien race to save themselves and the Federation

Starring: Chris Pine, Zachary Quinto, Karl Urban, Simon Pegg, Zoe Saldana

02:00 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.

03:00 am Home Shopping (Rpt)

[Home Shopping](#)

03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am CBS Mornings

CC

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SYDNEY PROGRAM GUIDE

Thursday 04th January 2024

06:00 am **Luxury Escapes** (Rpt) CC G

Canada

Join Sophie as she experiences the winter wonderland magic of Canada's West. She also visits Vancouver, the vibrant waterfront city with nature on its doorstep & home to the foodies' paradise Gastown.

06:30 am **My Market Kitchen** (Rpt) CC G

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

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 Easy Meals For Every Day** (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Cannelloni and Prawn Kebabs.

Starring: Jamie Oliver

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

SPECIAL ENCORE PRESENTATION

Karl's concerns are amplified after he sees something he shouldn't. Melanie and Terese make loaded assumptions. Paul puts the pressure on Krista.



SYDNEY PROGRAM GUIDE

Thursday 04th January 2024

10:00 am Hungry (Rpt)	CC G	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
10:30 am Luxury Escapes (Rpt)	CC PG	<u>Thailand</u> Thailand has long been one of Australian travellers' favourite destinations, and for good reason! Sophie escapes first to the island of Koh Samui, before retreating back to the rainforests of Phuket.
11:00 am Food Trail: South Africa (Rpt)	CC G	<u>Wine Country</u> Warren heads to the Cape Winelands, where he tastes a variety of local wines. Then, cooks up Bobotie, a rustic dish of curried meat topped with savoury custard, and a traditional Milk Tart.
11:30 am Planet Shapers (Rpt)	CC G	<u>Planet Shapers</u> Sustainability stories about innovating and adapting to create a more sustainable world.
12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Drug References, Mature Themes	American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee.
12:30 pm Bondi Rescue (Rpt)	CC PG	A man is reported to have fallen from cliffs, but when Jesse arrives the situation takes an unexpected turn. Later the police chopper arrives and the story takes another, far more tragic turn.
01:00 pm Dr Phil	CC PG 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.



SYDNEY PROGRAM GUIDE

Thursday 04th January 2024

02:30 pm	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Forrester brings its signature glamour to the streets of Rome.
ALL NEW EPISODES			
03:00 pm	Entertainment Tonight	CC	Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
ALL NEW EPISODES			
03:30 pm	Farm To Fork	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.
ALL NEW EPISODES			
04:00 pm	Neighbours	CC PG Mature Themes	Krista finds herself in danger. Sadie and Wendy are at odds. Nicolette is startled by a confronting delivery.
04:30 pm	Jamie's Easy Meals For Every Day (Rpt)	CC G	Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon. Starring: Jamie Oliver
LIVE			
05:00 pm	10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:30 pm	The Project	NO CC	
07:30 pm	Thank God You're Here (Rpt)	CC M Sexual References, Coarse Language, Drug References	Kitty Flanagan, Guy Montgomery, Marty Sheargold & Emma Holland take up the challenge when they walk through the blue door on 'Thank God You're Here.'
08:30 pm	Inspired Unemployed (Impractical) Jokers (Rpt)	CC PG Coarse Language, Mature Themes	The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this final episode they decide who will face The Ultimate Punishment.



SYDNEY PROGRAM GUIDE

Thursday 04th January 2024

09:00 pm Mean Girls

NO
CC

MOVIE

11:00 pm Clueless (Rpt)(1995)

CC M
Drug References

MOVIE

Cher Horowitz and her friend Dionne, decide to better their marks by playing matchmakers for two teachers. Inspired by their success, Cher takes Tai, a clueless transfer student under her wing.

Starring: Alicia Silverstone, Brittany Murphy, Paul Rudd, Stacey Dash, Jeremy Sisto

01:00 am The Project Encore

SPECIAL ENCORE PRESENTATION

02:00 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.

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 05th January 2024

06:00 am **Luxury Escapes** (Rpt) CC PG

Spain

Cameron is joined by special guest 'The Crazy Bull' himself, Miguel Maestre, showing Cameron around his homeland before they head to Paris and enjoy driving some special cars in the Champagne region.

06:30 am **My Market Kitchen** (Rpt) CC G

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

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 Easy Meals For Every Day** (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Roast Chicken and Salmon.

Starring: Jamie Oliver

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

SPECIAL ENCORE PRESENTATION

Krista finds herself in danger. Sadie and Wendy are at odds. Nicolette is startled by a confronting delivery.



SYDNEY PROGRAM GUIDE

Friday 05th January 2024

10:00 am Hungry (Rpt)	CC PG Coarse Language	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
10:30 am Luxury Escapes (Rpt)	CC G	Fiji Sophie checks into not one, but two of Fiji's most luxurious resorts. One an adult-only boutique island escape, the other the perfect family escape.
11:00 am Food Trail: South Africa (Rpt)	CC G	Durban Warren visits the legendary Spice Emporium and tastes some local specialties, including Bunny Chow, street food consisting of curry served in a hollowed out piece of white bread and spicy pineapple.
11:30 am Planet Shapers (Rpt)	CC G	Sustainability stories about innovating and adapting to create a more sustainable world.
12:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	When a backpacker has a violent seizure for over 15 minutes, team leader Beardy fears long-term consequences.
12:30 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.
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 Mild Themes	The Colosseum provides the backdrop for a turning point for one of our couples.



SYDNEY PROGRAM GUIDE

Friday 05th January 2024

03:00 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt) CC PG

Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

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

04:30 pm Jamie's Easy Meals For Every Day (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.

Starring: Jamie Oliver

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 **NO
CC**

MOVIE

07:30 pm War Of The Worlds (Rpt)(2005) CC M
Violence

An ordinary man summons extraordinary courage to protect his children when a global army of alien invaders set their sights and their devastating war machines upon Earth and the entire human race.

Starring: Tom Cruise, Dakota Fanning, Miranda Otto, Justin Chatwin, Tim Robbins

09:50 pm The Gentlemen (Rpt)(2020) CC MA15+
Strong Violence,
Strong Coarse
Language

MOVIE

American expat Mickey Pearson tries to sell off his highly profitable marijuana empire in London, triggering plots, schemes, bribery and blackmail in an attempt to steal his domain out from under him.

Starring: Matthew McConaughey, Hugh Grant, Colin Farrell, Charlie Hunnam, Michelle Dockery



SYDNEY PROGRAM GUIDE

Friday 05th January 2024

12:10 am **The Project Encore**

01:05 am **The Late Show With Stephen Colbert** CC PG

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

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

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

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

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

04:30 am **Home Shopping** (Rpt)

05:00 am **Home Shopping** (Rpt)

05:30 am **Home Shopping** (Rpt)

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 06th January 2024

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>2353 Facing The Future With Confidence</u> Religious.</p>
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	<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	Jay's Mission Melanoma Walk (Rpt)	CC	PG Mature Themes	<p><u>Jay's Mission Melanoma Walk</u></p> Based on the Australian Skin Cancer Foundation's 10-day walk in November, 2022, we follow 6 full-time walkers travelling 333 kms from Parliament House in Canberra to Government House in Sydney.



SYDNEY PROGRAM GUIDE

Saturday 06th January 2024

11:00 am	Second Chance Champions (Rpt)	CC PG Coarse Language, Mature Themes	<p><u>Second Chance Champions</u></p> <p>Second Chance Champions delves into the curious world of organ donation through an international sporting event for transplant athletes.</p>
12:00 pm	Taste Of Australia With Hayden Quinn (Rpt)	CC G	<p>Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.</p>
12:30 pm	The Yes Experiment	CC	<p><u>ALL NEW EPISODES</u></p> <p><u>Blain 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 G	<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, potato.</p>
03:00 pm	All 4 Adventure (Rpt)	CC PG Mild Coarse Language	<p>Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.</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>



SYDNEY PROGRAM GUIDE

Saturday 06th January 2024

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 TMNT Out Of The Shadows **NO
CC**

MOVIE

08:00 pm Lara Croft: Tomb Raider (Rpt)(2001) CC M
Violence

MOVIE

Exploring lost empires, discovering priceless treasures, and battling evil villains to find a legendary artefact with space and time altering powers is all in a day's work for adventuress Lara Croft.

Starring: Angelina Jolie, Daniel Craig, Iain Glen, Jon Voight, Noah Taylor, Chris Barrie, Leslie Phillips

10:00 pm Lara Croft: Tomb Raider: Cradle Of Life (Rpt)(2003) CC M
WS Violence

MOVIE

Facing her greatest challenge yet, archaeologist Lara Croft stumbles upon the trail of the legendary "Pandora's Box". She must reach it first to stop those who would use its powers for evil.

Starring: Angelina Jolie, Gerard Butler, Chris Barrie, Noah Taylor, Ciaran Hinds

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 06th January 2024

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

Knowing your history is critical. Without it, a person could all too easily slip into the role of persecutor. And Shawn Boonstra says that could be the reason other people stop trusting Christians.

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.