



# SYDNEY PROGRAM GUIDE

Sunday 07th January 2024

**06:00 am Mass For You At Home**

**06:30 am Key Of David**

CC G  
Mature Themes

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

CC G

**07:30 am Escape Fishing With ET (Rpt)**

CC G

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

**08:30 am Freshly Picked With Simon Toohey (Rpt)**

CC G

**09:00 am Taste Of Australia With Hayden Quinn (Rpt)**

CC G

**09:30 am My Market Kitchen (Rpt)**

CC G

## ALL NEW EPISODES

## 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.

## ALL NEW EPISODES

### **506 - Powerful Keys To Unlocking God's Word**

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 in Singapore, which has a congregation of more than 31,000 attendees.

Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.

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

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.

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.

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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<b>10:00 am Charming China</b> (Rpt)	CC PG Mild Themes	<b><u>Three Gorges Dam</u></b> Charming China documents a trip from Wuhan, the capital of Hubei province in China, to the ancient city of Jingzhou, on route to the Three Gorges Dam, the world's biggest dam.
<b>10:30 am Farm To Fork</b> (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
<b>11:00 am What's Up Down Under</b> (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>12:00 pm Pat Calinan's 4x4 Adventure</b> (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
<b>01:00 pm Hungry</b> (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.
<b>01:30 pm Destination Dessert</b> (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.
<b>02:00 pm Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>02:30 pm My Market Kitchen</b> (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
<b>03:00 pm Good Chef Bad Chef</b> (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.



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**03:30 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.

**04:00 pm All 4 Adventure**

CC PG  
Coarse Language,  
Mild Themes

## 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.

**06:00 pm The Graham Norton Show**

CC

## ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with Celebrity guests, Emma Stone, Mark Ruffalo, Claudia Winkleman, Nadiya Hussain, Rob Brydon and Ezra Collective!

**07:30 pm The Lost City (2022)**

CC M  
Violence,  
Sexual References,  
Crude Humour

## MOVIE

While on tour promoting her new book with her cover model, romance novelist Loretta is kidnapped by an eccentric billionaire who hopes she can lead him to a fictional ancient city's lost treasure.

Starring: Sandra Bullock, Channing Tatum, Brad Pitt, Daniel Radcliffe, Da'vine Joy Randolph, Oscar Nuñez

**09:45 pm Second Act (Rpt)(2018)**

CC M  
Sexual References,  
Coarse Language

## MOVIE

A department store worker reinvents her life and her life-story and shows Madison Avenue that street smarts are as valuable as book smarts – and it's never too late for a second act.

Starring: Jennifer Lopez, Vanessa Hudgens, Leah Remini, Milo Ventimiglia, Treat Williams



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## Sunday 07th January 2024

12:00 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)

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 Burses.



# SYDNEY PROGRAM GUIDE

Monday 08th January 2024

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

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

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

CC G

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.

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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

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 The Yes Experiment (Rpt)**

CC PG  
Coarse Language

Eleven-year-old Jarvis is about to be handed the ultimate power. His mum has chosen to be part of The Yes Experiment and has to say 'yes' to any request he can think of for a full day.

**10:30 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.



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Monday 08th January 2024

<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Kwazulu-Natal</u></b></p> <p>Warren visits the famous restaurant Max's Lifestyle for an indulgent Shisa Nyama experience, before visiting a nearby Zulu village. Here, he cooks recipes known as Putu pap &amp; sauteed pumpkin leaves.</p>
<b>11:30 am</b>	<b>My Market Kitchen</b> (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>
<b>12:00 pm</b>	<b>10 News First: Midday</b>	CC	<p><b>LIVE</b></p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
<b>01:00 pm</b>	<b>Dr Phil</b> (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>
<b>02:00 pm</b>	<b>Jamie Cooks The Mediterranean</b> (Rpt)	CC PG Mature Themes	<p><b><u>Greece</u></b></p> <p>Jamie heads to the Greek island of Skopelos. Inspired by meze plates and the traditional cuisine, he cooks up a smoky aubergine flatbread, and a lemony chargrilled chicken with tzatziki and rice.</p>
<b>03:00 pm</b>	<b>Entertainment Tonight</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
<b>03:30 pm</b>	<b>Farm To Fork</b>	CC G	<p><b>ALL NEW EPISODES</b></p> <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>



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Monday 08th January 2024

**04:00 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

Nicolette's past catches up with her. Terese and Jane come clean. Andrew finds himself between a rock and a hard place.

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Donna intervenes when she overhears the truth about who really won the fashion showdown. Meanwhile, Eric makes a final speech.

**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**

## LIVE

**07:30 pm Jack Reacher (Rpt)(2012)**

CC M  
Violence,  
Coarse Language

## MOVIE

A homicide investigator digs deeper into a case involving a trained military sniper who shot five random victims. Suddenly what seemed like a simple case takes an unlikely turn.

Starring: Tom Cruise, Rosamund Pike, Richard Jenkins, Jai Courtney, David Oyelowo, Werner Herzog, Robert Duvall, Joseph Sikora, Alexia Fast

**09:30 pm A Quiet Place II (2021)**

CC M  
Violence,  
Horror

## MOVIE

The Abbott family continue their fight for survival in silence. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

Starring: Emily Blunt, John Krasinski, Millicent Simmonds, Noah Jupe, Cillian Murphy

**11:30 pm The Project Encore**

## SPECIAL ENCORE PRESENTATION



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Monday 08th January 2024

**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)

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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

Tuesday 09th January 2024

**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.

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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.

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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

Donna intervenes when she overhears the truth about who really won the fashion showdown. Meanwhile, Eric makes a final speech.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Nicolette's past catches up with her. Terese and Jane come clean. Andrew finds himself between a rock and a hard place.

**10:00 am The Yes Experiment (Rpt)**

CC G

When given the chance to take part in The Yes Experiment, Theo and Oscar waste no time in asking their parents to foster a dog to show how responsible they can be.

**10:30 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.



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<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Kruger Park</u></b></p> <p>Warren's next stop is Kruger National Park, he tastes a variety of native bush foods, including the Marula Tree fruit. He then cooks his favourite South African dessert, Malva pudding.</p>
<b>11:30 am</b>	<b>My Market Kitchen</b> (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>
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<b>02:00 pm</b>	<b>Jamie Cooks The Mediterranean</b> (Rpt)	CC G	<p><b><u>Tunisia</u></b></p> <p>Exploring Tunisia, Jamie meets traditional couscous makers, eats delicious street food and is invited to cook with local chefs. Jamie cooks crispy prawn parcels and a chicken &amp; merguez sausage stew</p>
<b>03:00 pm</b>	<b>Entertainment Tonight</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
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# SYDNEY PROGRAM GUIDE

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**04:00 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

Nicolette wrestles with an impossible task. Holly comes to a sad realisation. Toadie surprises himself when forced to face his past.

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Finn delivers optimistic news to those at Eric's hospital bedside. Meanwhile, Ridge is forced to make the most difficult decision of his life.

**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**

## LIVE

**07:30 pm Jack Reacher: Never Go Back (0)**

CC M  
Violence,  
Coarse Language

## MOVIE

**09:30 pm Capone (Rpt)(2020)**

CC MA15+  
Strong Violence,  
Coarse Language,  
Strong Adult Themes

## MOVIE

After 10 years in prison, America's most infamous and feared gangster Al Capone struggles with dementia and tries to recall where he placed millions of dollars he hid away on his sprawling property.

Starring: Tom Hardy, Linda Cardellini, Matt Dillon, Kyle Maclachlan, Al Sapienza

**11:35 pm The Project Encore**

## SPECIAL ENCORE PRESENTATION

**12:35 am The Late Show With Stephen Colbert** CC PG

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



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**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.



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**06:00 am The Talk**

CC PG  
Mature Themes

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**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

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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

Finn delivers optimistic news to those at Eric's hospital bedside. Meanwhile, Ridge is forced to make the most difficult decision of his life.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Nicolette wrestles with an impossible task. Holly comes to a sad realisation. Toadie surprises himself when forced to face his past.

**10:00 am The Yes Experiment (Rpt)**

CC G

When the four children from the Tanna Family are put in charge for the day there is hesitation but also excitement as the parents figure out a new dynamic.

**10:30 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.



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## Wednesday 10th January 2024

<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Pilanesberg Reserve</u></b></p> <p>In the heart of the Kalahari Desert, Warren learns to make rusks to go with his morning coffee. He also cooks a variety of local dishes including spicy lamb skewers, corn on the cob &amp; Pampoenkoekies.</p>
<b>11:30 am</b>	<b>My Market Kitchen</b> (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>
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<b>01:00 pm</b>	<b>Dr Phil</b> (Rpt)	CC PG Drug References, 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>
<b>02:00 pm</b>	<b>Jamie Cooks The Mediterranean</b> (Rpt)	CC G	<p><b><u>Spain</u></b></p> <p>Jamie is soaking up inspiration in Spain with tapas, flavour-charged rice dishes and seafood. He cooks a pork chop with peppers and aioli, and a surf &amp; turf skewer of prawns, mushrooms, and local ham.</p>
<b>03:00 pm</b>	<b>Entertainment Tonight</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
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Mature Themes

## ALL NEW EPISODES

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## ALL NEW EPISODES

Donna and Steffy fight with Ridge to do the right thing. Meanwhile, Eric's loved ones remember their best times together.

**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**

## LIVE

**07:30 pm Meet The Parents (Rpt)(2000)**

CC M  
Coarse Language

## MOVIE

Male nurse Greg Focker hopes to propose to his girlfriend Pam during a weekend stay at her parents' home. But Pam's cat-crazy, ex-CIA father takes an immediate dislike to her less-than-truthful beau.

Starring: Ben Stiller, Robert De Niro, Teri Polo, Blythe Danner, Owen Wilson

**09:30 pm Meet The Fockers (0)**

CC M  
Sexual References

## MOVIE

**11:30 pm The Project Encore**

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CC PG

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CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

**10:00 am The Yes Experiment (Rpt)**

CC G

Elvis, Hemingway and Sinatra have cool parents, but when the kids are allowed to control their household for a day, what they ask for might just surprise their parents after all.

**10:30 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.



# SYDNEY PROGRAM GUIDE

Thursday 11th January 2024

11:00 am Food Trail: South Africa (Rpt)	CC G	<p><b><u>Pretoria &amp; Soweto</u></b></p> <p>Warren stops off at the historic city of Pretoria, where he visits the local farmers markets and cooks Koeksisters, South African sticky donuts, with Pastry Chef Nonkosi.</p>
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12:00 pm 10 News First: Midday	CC	<p><b>LIVE</b></p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</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 Jamie Cooks The Mediterranean (Rpt)	CC G	<p><b><u>Marseille</u></b></p> <p>Jamie heads to Marseille in the South of France. Inspired by their stunning seafood and the traditional flavours of Provence, he cooks up a steak with a twist and a sublime courgette and olive tart.</p>
03:00 pm Entertainment Tonight	CC	<p><b>ALL NEW EPISODES</b></p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
03:30 pm Farm To Fork	CC G	<p><b>ALL NEW EPISODES</b></p> <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

Thursday 11th January 2024

**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

Finn explains how there still might be a chance for Eric. Meanwhile, Ridge allows Donna to say final goodbyes to her Honeybear.

**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**

## LIVE

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

CC PG  
Mild Themes

## Celebrity Dog House Australia

What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch!

**09:00 pm On The Line: The Richard Williams Story**

CC M  
Coarse Language,  
Mature Themes

## MOVIE

### On The Line: The Richard Williams Story

Unaired interviews from the 80's, Richard Williams retraces his family's journey from the poverty-stricken streets of Louisiana to Wimbledon, breaking every rule to forever change the sport.

**11:00 pm Blue Bloods (Rpt)**

CC M  
Mature Themes

### Nothing Sacred

Joe contends with a grave insult to his father's memory, Henry tries to bust a scammer targeting the elderly, Danny intervenes in an undercover op and Eddie's captain takes suspicious interest in her.

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

**12:00 am The Project Encore**

## SPECIAL ENCORE PRESENTATION



# SYDNEY PROGRAM GUIDE

Thursday 11th January 2024

**01:00 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.

**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

Friday 12th January 2024

**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 The Bold & The Beautiful (Rpt)**

CC PG  
Mature Themes

Finn explains how there still might be a chance for Eric. Meanwhile, Ridge allows Donna to say final goodbyes to her Honeybear.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

**10:00 am The Yes Experiment (Rpt)**

CC G

When daughter Sezal is given the keys to the kingdom for a day it's time to get Mum firmly out of her comfort zone in more ways than one.

**10:30 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.



# SYDNEY PROGRAM GUIDE

Friday 12th January 2024

<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b>Johannesburg</b></p> <p>Warren is in the bustling city of Johannesburg, and his first stop is the vibrant township of Soweto. He's taken on a tuk tuk tour by his guide Sindi, and cooks up his version of Chakalala.</p>
<b>11:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	<p>Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahman Market cooking a variety of delicious and easy to follow recipes.</p>
<b>12:00 pm</b>	<b>10 News First: Midday</b>	CC	<p><b>LIVE</b></p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
<b>01:00 pm</b>	<b>Dr Phil</b> (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>
<b>02:00 pm</b>	<b>Jamie Oliver: Cooking For Less</b> (Rpt)	CC G	<p>Jamie makes meals for under £1 a serve; from a chicken roast that saves both time and money to a meal that turns a pancake into a showstopper, a pizza with no oven and a microwave chilli con carne.</p>
<b>03:00 pm</b>	<b>Entertainment Tonight</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
<b>03:30 pm</b>	<b>Judge Judy</b> (Rpt)	CC PG	<p>Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.</p>
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G	<p><b>ALL NEW EPISODES</b></p> <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

Friday 12th January 2024

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Bridget and Thorne advocate for Eric against Ridge.

**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**

## LIVE

**07:30 pm The Graham Norton Show**

CC

## ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show, with Celebrity guests and amusing stories in this fast-paced interview show.

**08:30 pm Dog Behaving (Very) Badly Australia (Rpt)**

CC PG  
Sexual References

Graeme Hall attempts to help Humphrey with his barking problem, before solving the mystery behind Remy's fear of shiny floors, and providing assistance to Dexter, who has a rather embarrassing habit.

**09:30 pm Fire Country (Rpt)**

CC PG  
Violence,  
Mature Themes

## Pilot

Seeking redemption and a reduced prison sentence, convict Bode Donovan joins a regional firefighting program, where he and other inmates work alongside elite firefighters to extinguish massive blazes.

Starring: Max Thieriot, Billy Burke, Diane Farr, Kevin Alejandro, Stephanie Arcila, Jordan Calloway

**10:30 pm So Help Me Todd (Rpt)**

CC PG  
Mature Themes

## Pilot

A talented but directionless private eye agrees to work as the in-house investigator for his overbearing mother, a successful attorney who is reeling from the recent dissolution of her marriage.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann



# SYDNEY PROGRAM GUIDE

Friday 12th January 2024

**11:30 pm** **The Project Encore**

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

**01:30 am** **Home Shopping** (Rpt)

**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**

**Home Shopping**





# SYDNEY PROGRAM GUIDE

## Saturday 13th January 2024

<b>06:00 am</b>	<b>What's Up Down Under</b> (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC G	<p><b>ALL NEW EPISODES</b>  <b><u>2401 Whose Disciple?: Part 01</u></b>            Religious.</p>
<b>07:00 am</b>	<b>Reel Action</b> (Rpt)	CC G	Reel Action is a show which focuses on the fish, techniques and the right tools for the job. It is set in great locations accessible to the average angler.
<b>07:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
<b>08:00 am</b>	<b>iFish</b> (Rpt)	CC G Mild Coarse Language	<p><b>SPECIAL ENCORE PRESENTATION</b></p> Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.
<b>08:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G	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.
<b>09:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>09:30 am</b>	<b>10 Minute Kitchen</b> (Rpt)	CC G	The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home.
<b>10:00 am</b>	<b>All 4 Adventure</b> (Rpt)	CC PG Mild Coarse Language	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.



## SYDNEY PROGRAM GUIDE

### Saturday 13th January 2024

<b>11:00 am</b> <b>The Chef's Garden</b> (Rpt)	CC PG Mild Coarse Language	Take a journey with renowned Australian chef Massimo Mele to explore the vast land of The Chef's Garden. Discover his recipes from Italian homely gnocchi to exquisite abalone caught fresh from the sea
<b>11:30 am</b> <b>Australia By Design: Innovations</b> (Rpt)	CC PG	Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.
<b>12:00 pm</b> <b>Taste Of Australia With Hayden Quinn</b> (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.
<b>12:30 pm</b> <b>The Yes Experiment</b>	CC	<b>ALL NEW EPISODES</b>
<b>01:00 pm</b> <b>Good Chef Bad Chef</b> (Rpt)	CC G	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.
<b>01:30 pm</b> <b>Exploring Off The Grid</b> (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.
<b>02:00 pm</b> <b>Healthy Homes</b> (Rpt)	CC G	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
<b>02:30 pm</b> <b>Luca's Key Ingredient</b> (Rpt)	CC G	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.
		Luca shows us his favourite recipes using today's key ingredient, zucchini flowers



# SYDNEY PROGRAM GUIDE

## Saturday 13th January 2024

**03:00 pm Roads Less Travelled** (Rpt) CC G

A 2 part Road Trip series uncovering all the hidden gems that can be found in New Zealand.

**03:30 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.

**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 Jamie Oliver Cooking For Less** (Rpt) CC G

### ALL NEW EPISODES

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.

**07:00 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.

**07:30 pm Snake Eyes: G.I. Joe Origins** (2021) CC M  
Action Violence,  
Coarse Language,  
Mature Themes

### MOVIE

Tenacious loner Snake Eyes is welcomed into an ancient Japanese clan where he is taught the ways of the ninja warrior. But his honour and trust will be tested when secrets from his past are revealed.

Starring: Henry Golding, Andrew Koji, Takehiro Hira, Ursula Corbero, Samara Weaving



# SYDNEY PROGRAM GUIDE

Saturday 13th January 2024

10:00 pm **Football: Socceroos V India**

NO  
CC

## LIVE

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

Shawn Boonstra explores one of the most fundamental skills we need to live an authentic human existence: the ability to just turn things off.

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.