



# SYDNEY PROGRAM GUIDE

Sunday 14th January 2024

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

**06:30 am Key Of David** CC PG  
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

### **507 - Be Occupied With The Word Not The Enemy**

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.

In this Christmas special, 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</b> Charming China (Rpt)	CC G	A trip along the Yangtze River from Shanghai to Shangri-la, this episode takes viewers to a sacred mountain where the Tigua people originated, the birthplace of the Tigua culture.
<b>10:30 am</b> 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.
<b>11:00 am</b> What's Up Down Under (Rpt)	CC PG Mild Themes	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</b> Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
<b>01:00 pm</b> 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.
<b>01:30 pm</b> 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.
<b>02:00 pm</b> Cook With Luke (Rpt)	CC G	Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.
<b>02:30 pm</b> 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.
<b>03:00 pm</b> 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.



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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

## 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 Bondi Rescue** (Rpt)

CC PG

Chappo gets help from an unlikely source as he goes to rescue a father and daughter. A girl is rushed to the tower suffering an anaphylactic shock and Jackson must do something he's never done before.

**06:30 pm The Sunday Project**

CC

## LIVE

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

**07:30 pm Top Gun: Maverick** (2022)

CC M  
Violence,  
Coarse Language

## MOVIE

After 30 years, Maverick is still pushing the envelope as a top naval aviator, confronting ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice.

Starring: Tom Cruise, Jennifer Connelly, Miles Teller, Val Kilmer, Jon Hamm

**10:05 pm Mission Impossible: Rogue Nation** (Rpt) (2015) CC

M  
Action Violence

## MOVIE

Ethan Hunt and his team take on their most impossible mission yet, eradicating the Syndicate – a shadowy rogue organization of highly-trained international assassins committed to destroying the IMF.

Starring: Tom Cruise, Jeremy Renner, Rebecca Ferguson, Simon Pegg, Ving Rhames



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Sunday 14th January 2024

**12:40 am The Sunday Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

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

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

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**04:30 am CBS Mornings** CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 15th 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)**

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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

Bridget and Thorne advocate for Eric against Ridge.

**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 G

## Singapore

Singapore, a microcosm of Asia itself, and less than 8-hours from Australia's east coast. In this exotic escape, Sophie soaks up the 'garden city' from two of Singapore's finest resorts.



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<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Kruger Safari</u></b></p> <p>Warren's first stop is the inimitable Kruger Shalati or "Train on the Bridge", where he shows us the incredible structure, indulges in an unforgettable safari and cooks up a delectable dessert.</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 Sexual References, Coarse Language	<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 delicious low budge meals; from a takeaway style homemade crispy pork noodles to meatball kebabs, a meal that celebrates the store cupboard to a humble crumble that bigs up the freezer.</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 15th 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 and Bridget race to save Eric's life. Ridge struggles with his choice as Eric takes a turn for the worse.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:30 pm The Project**

CC

## LIVE

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

**07:30 pm Gladiators**

CC PG  
Stylised Violence

## SERIES PREMIERE

It's the first heat and four everyday Aussies will battle our Gladiators in nail-biting knockout events like Duel, Powerball, The Wall, Pyramid and The Eliminator, for a spot in the quarter finals.

**08:55 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Mature Themes

## Crypto Wars

The team chase after the suspects behind an Ohio energy plant explosion and are led toward a crypto company with enemies looking to take it down. Remy and his sister close a chapter in their lives.

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

**09:55 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Mature Themes

## Black Mirror

After attending a parole hearing for the man who murdered his brother, Remy pursues a depraved pastor and his sadistic brother who kidnapped two teens on their way home from a school basketball game.

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



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Monday 15th January 2024

**10:55 pm The Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

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

**11:55 pm The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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

**01:00 am Home Shopping** (Rpt)

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**04:30 am CBS Mornings** CC

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

Tuesday 16th 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.

**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 and Bridget race to save Eric's life. Ridge struggles with his choice as Eric takes a turn for the worse.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

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

CC PG  
Mild Themes

Single Dad Ralph and Daughter Sofia share an amazing bond but just what does she have in store for her dad during The Yes Experiment?

**10:30 am Luxury Escapes (Rpt)**

CC G

### Western Australia

Cameron gets his 'outback on' and escapes first to the Kimberley in WA, and then to Australia's red centre where he's joined by MasterChef host, Mel Leong to sample some local delicacies.



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<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Eating Johannesburg</u></b></p> <p>Warren indulges in vibrant flavours and surrounds of the Sandton neighbourhood. He's chowing in Zioux, a hip eatery and bar with a South American flair. Followed by cooking some incredible recipes.</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>To Be Advised</b>		
<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>
<b>04:00 pm</b>	<b>Neighbours</b>	CC PG Mature Themes	<p><b>ALL NEW EPISODES</b></p>
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG Mature Themes	<p><b>ALL NEW EPISODES</b></p> <p>R.J. and Zende argue over their grandfather and the company. Ridge second-guesses himself about the harrowing decision he made for Eric.</p>



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<b>05:00 pm</b>	<b>10 News First</b>	CC	<b>LIVE</b>	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:30 pm</b>	<b>The Project</b>	CC	<b>LIVE</b>	Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
<b>07:30 pm</b>	<b>Gladiators</b>	CC PG Stylised Violence	<b>ALL NEW EPISODES</b>	Liz and Beau are back, with four fresh faced firefighters Chris, Alex, Caitlin and Taylah but only two fireies will make it through the inferno and into the quarter finals. Who will they be?
<b>08:50 pm</b>	<b>NCIS (Rpt)</b>	CC M Violence	<b>Head Games</b>	The NCIS team digs deep to investigate a Navy lieutenant who's accused of trying to murder her husband but has no memory of the attack. Also, Kasie navigates a potential medical scare.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen
<b>09:50 pm</b>	<b>NCIS: Los Angeles (Rpt)</b>	CC M Frequent Violence	<b>Best Seller</b>	When Sam's friend Tom Olsen finds himself being hunted down by enemies from his past, the NCIS team must find out who is after him.  Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt
<b>10:50 pm</b>	<b>The Project Encore (Rpt)</b>	CC	<b>SPECIAL ENCORE PRESENTATION</b>	Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
<b>11:50 pm</b>	<b>The Late Show With Stephen Colbert</b>	CC PG	<b>ALL NEW EPISODES</b>	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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01:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

CC

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Wednesday 17th January 2024

**06:00 am The Talk**

CC PG  
Mature Themes

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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

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**

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

R.J. and Zende argue over their grandfather and the company. Ridge second-guesses himself about the harrowing decision he made for Eric.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

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.

**10:30 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.



# SYDNEY PROGRAM GUIDE

## Wednesday 17th January 2024

<b>11:00 am</b>	<b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Wild Kwa-Zulu Natal</u></b></p> <p>Based at Thonga Beach Lodge, Warren takes us through two recipes using local peanuts and chillies. Then, onto the quaint coastal village of St Lucia to cook a recipe on a sunrise cruise.</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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**04:30 pm The Bold & The Beautiful**

CC PG  
Mature Themes

## ALL NEW EPISODES

Zende is incredulous when R.J. receives a position Zende wants. Brooke reflects on her unique connection with Eric.

**05:00 pm 10 News First**

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**07:30 pm Gladiators**

CC PG  
Stylised Violence

## ALL NEW EPISODES

It's our third heat and four new contenders fight for a spot in the quarter finals. A drama filled episode featuring competition ending injuries, controversial referee calls & nail-biting competition.

**08:55 pm FBI: International**

CC M  
Violence

## SEASON PREMIERE

### Unburdened

The Fly Team investigate when an American police detective is murdered in Paris while looking into a U.S. company suspected of selling illegal weapons in France and the Middle East.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Eva-Jane Willis

**09:55 pm FBI: International**

CC M  
Violence,  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

### Don't Say Her Name Again

When a local predator begins extorting underage American girls online, the Fly Team attempts to bring the offender to justice with on-site help from one of the victims who has flown to Budapest.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Eva-Jane Willis



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CC PG  
Mature Themes

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Thursday 18th January 2024

11:00 am <b>Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>Madikwe Safari</u></b></p> <p>Sprawling across the northern border of South Africa. Madikwe Safari Lodge (with Rhinos and Giraffes), Warren will cook a South African inspired dessert and a risotto. Also a sunset feast in the bush.</p>
11:30 am <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>
12:00 pm <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>
01:00 pm <b>Dr Phil</b> (Rpt)	CC PG 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 <b>To Be Advised</b>		
03:30 pm <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>
04:00 pm <b>Neighbours</b>	CC PG Mature Themes	<p><b>ALL NEW EPISODES</b></p>
04:30 pm <b>The Bold &amp; The Beautiful</b>	CC PG Mature Themes	<p><b>ALL NEW EPISODES</b></p> <p>Finn admits his greatest fear to Bridget. Zende makes a startling realization and shares it with Luna.</p>



# SYDNEY PROGRAM GUIDE

Thursday 18th January 2024

<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:30 pm</b>	<b>The Project</b>	CC
<b>07:30 pm</b>	<b>The Dog Hospital With Graeme Hall</b>	CC
<b>08:35 pm</b>	<b>To Be Advised</b>	
<b>10:00 pm</b>	<b>AFC Asian Cup: Socceroos V Syria</b>	CC
<b>01:00 am</b>	<b>Blue Bloods (Rpt)</b>	CC M Violence
<b>02:00 am</b>	<b>The Project Encore (Rpt)</b>	CC
<b>03:00 am</b>	<b>The Late Show With Stephen Colbert</b>	CC PG

## LIVE

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

## LIVE

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

## SERIES PREMIERE

Tonight, on The Dog Hospital, 10-month-old Springer Spaniel Louie has been involved in a terrifying accident whilst out for a walk, impaling himself on a stick that travelled deep inside his chest.

## LIVE

### Socceroos V Syria Pre-Match

Tune in and catch all the AFC Asian Cup action, as our boys take on Syria LIVE from Jassim bin Hamad Stadium, Al Rayyan. Kick off 10.30pm (AEDT).

### Fake It' Till You Make IT

Jamie's team infiltrate a high-tech car smuggling ring, Eddie asks Danny to help her bust a cop impersonator, Frank faces off against the city's transit chief, and Erin hires an image consultant.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Steve Schirripa

## SPECIAL ENCORE PRESENTATION

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

## 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.



# SYDNEY PROGRAM GUIDE

Thursday 18th January 2024

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 19th 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**

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 admits his greatest fear to Bridget. Zende makes a startling realization and shares it with Luna.

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

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

**10:00 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.

**10:30 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.



# SYDNEY PROGRAM GUIDE

Friday 19th January 2024

<b>11:00 am Food Trail: South Africa</b> (Rpt)	CC G	<p><b><u>The Garden Route</u></b></p> <p>A true hidden gem of South Africa, the Garden Route is a 200km coastal highway. At the Turbine Hotel Warren will cook a South African curry &amp; dessert and shuck wild oysters with a local legend.</p>
<b>11:30 am 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 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 Dr Phil</b> (Rpt)	CC PG 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 To Be Advised</b>		
<b>03:05 pm 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 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 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 19th January 2024

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

CC PG  
Mature Themes

## ALL NEW EPISODES

Steffy worries that she made the wrong decision. Finn and Bridget present an option that puts Ridge in an untenable position.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:30 pm The Project**

CC

## LIVE

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

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

CC

## ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with guests Kevin Hart, Jodie Comer, Sofia Vergara, Alan Cumming and a performance by Tom Odell.

**08:30 pm To Be Advised**

**09:50 pm Fire Country (Rpt)**

CC PG  
Violence,  
Mature Themes

## The Fresh Prince Of Edgewater

After Bode requests to be transferred to a different city, his future in Edgewater hangs in the balance. Meanwhile, the crew joins forces to protect the town from fires created by a treacherous storm.

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

**10:50 pm So Help Me Todd (Rpt)**

CC PG

## co-Pilot

Margaret and Todd work two seemingly unrelated cases, only to discover a key piece of information in the details of Todd's humorously boring civil case could help Margaret's high-profile client.

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

**11:50 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

Friday 19th January 2024

**12:50 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.

**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 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 20th 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

### ALL NEW EPISODES

#### 2402 Whose Disciple?: Part 02

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 Australia By Design: Innovations** (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.



# SYDNEY PROGRAM GUIDE

Saturday 20th January 2024

**10:30 am Taste Of Australia With Hayden Quinn** CC G  
(Rpt)

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.

**11:00 am The Chef's Garden** (Rpt) CC G

From factories to farmland Massimo unravels the secrets behind Tasmanian cheeses, olives and the freshest produce straight from his garden. Then, he serves up three mouthwatering Italian recipes.

**11:30 am All 4 Adventure** (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.

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

## ALL NEW EPISODES

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

**01:00 pm 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.

**01:30 pm Exploring Off The Grid** (Rpt) CC G

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

**02:00 pm Healthy Homes** (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.

**02:30 pm Wildlife Rescue Australia** (Rpt) CC PG  
Mild Coarse  
Language,  
Mature Themes

### Jack The Carpet Python

Jack the Python has had a run in with a tractor and needs surgery to repair his throat. Prickles the Echidna has been hit by a car and Dr Bree works to pop his dislocated leg back into place.



## SYDNEY PROGRAM GUIDE

### Saturday 20th January 2024

**03:30 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.

**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 Bondi Rescue (Rpt)** CC PG

Lifeguards honour their former colleague Terry with a traditional paddle out. They soon become concerned for the wellbeing of a missing man, before competing in their annual run, swim and paddle race.

**06:30 pm Jamie's 5 Ingredient Mediterranean (Rpt)** 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.

**07:30 pm Ambulance UK (Rpt)** CC M  
Coarse Language,  
Mature Themes

A call to help a patient threatening to jump off a bridge requires an urgent response from the Blackpool Ambulance Station during a busy day shift for the staff of North West Ambulance Service.



# SYDNEY PROGRAM GUIDE

Saturday 20th January 2024

08:45 pm To Be Advised

10:10 pm To Be Advised

11:05 pm To Be Advised

12:00 am **NCIS: Los Angeles** (Rpt)

CC M  
Frequent Violence

## **Best Seller**

When Sam's friend Tom Olsen finds himself being hunted down by enemies from his past, the NCIS team must find out who is after him.

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

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**

Find out how an old poet can teach you to live life with zero regrets.

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.