



# SYDNEY PROGRAM GUIDE

Sunday 16th October 2022

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

## ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to church.

**06:30 am Turning Point With David Jeremiah** CC PG  
Mature Themes

## ALL NEW EPISODES

Around the world Christians are daily persecuted for their faith. Scripture tells us to expect persecution, but it also tells us how to respond to it.

**07:00 am Joseph Prince** CC G

## ALL NEW EPISODES

**444 - The Story Of Job Through The Lens Of Grace**

Religious program.

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

Religious.

**08:00 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.

**08:30 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.

**09:00 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.

**09:30 am The Living Room Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Chris reveals the lowest maintenance pet to look after, while Baz and Amanda take a mini road trip, and Queen of Chocolate Kirsten Tibbals shows Miguel how to make the most magnificent chocolate cake.

**10:30 am 2022 Australian Motorcycle Grand Prix** CC

## LIVE

**Round 18 Australia Grand Prix**

Join us LIVE from Phillip Island for the 2022 Australian Motorcycle Grand Prix. Live track action from 10:30AM (AEDT).



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**03:30 pm Food Trail: South Africa** (Rpt) CC G

## Johannesburg

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.

**04:00 pm Farm To Fork** (Rpt) CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**04:30 pm 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.

**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 Sunday Project** CC

## ALL NEW EPISODES

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

**07:30 pm The Traitors** **NO** PG  
**CC** Coarse Language

## SERIES PREMIERE

**09:00 pm NCIS: Hawaii** CC M  
Violence,  
Mature Themes

## SEASON FINALE

### Ohana

Captain Milius continues to work with Tennant and her team in the aftermath of the prisoner exchange. Also, Whistler takes Ernie's advice and makes a grand gesture in the hope of winning back Lucy.

Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon

**10:00 pm FBI** (Rpt) CC M  
Violence

### Crazy Love

A shooting at a girl's fifteenth birthday leaves two dead, but they may not have been the intended targets. The FBI decide that their best plan is to use a witness to take down their prime suspect.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner



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Sunday 16th October 2022

**11:00 pm The Sunday Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

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

**12:00 am Home Shopping** (Rpt)

**Home Shopping**

**12:30 am Home Shopping** (Rpt)

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

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**02:00 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 17th October 2022

**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 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.

**07:30 am The Bold & The Beautiful Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

**08:00 am 10 News First: Breakfast**

CC

## LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

**08:30 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

**12:00 pm Dr Phil**

CC

## ALL NEW EPISODES

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.

**01:00 pm To Be Advised**

**02:30 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

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

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CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

## ALL NEW EPISODES

**04:00 pm Everyday Gourmet With Justine Schofield**

CC

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

## ALL NEW EPISODES

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

CC

## LIVE

**05:00 pm 10 News First**

CC

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

## ALL NEW EPISODES

**06:30 pm The Project**

CC

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

## ALL NEW EPISODES

**07:30 pm The Traitors**

**NO** PG  
**CC** Coarse Language

## ALL NEW EPISODES

**08:30 pm Have You Been Paying Attention?**

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

Have Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

## SEASON PREMIERE

**09:30 pm Ghosts**

CC PG

### Spies

Sam enlists the Ghosts to help secure a good review from an overly critical couple staying at the B&B. Also, Isaac tries to integrate Nigel into his friend group.

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnoch, Brandon Scott Jones, Asher Grodman, Richie Moriarty



# SYDNEY PROGRAM GUIDE

Monday 17th October 2022

**10:00 pm Geraldine Hickey: What A Surprise** CC M  
Sexual References,  
Coarse Language

## SPECIAL EVENT

### Geraldine Hickey: What A Surprise

What A Surprise takes Hickey's audience on the various points of celebration in her recent past and all the ridiculousness that goes along with them.

**11:10 pm The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

**12:10 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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

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

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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 18th October 2022

**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 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.

**07:30 am The Bold & The Beautiful Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

**08:00 am 10 News First: Breakfast**

CC

## LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

**08:30 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

**12:00 pm Dr Phil**

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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.

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

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



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Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**04:00 pm Everyday Gourmet With Justine Schofield** CC

### ALL NEW EPISODES

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

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

### ALL NEW EPISODES

**05:00 pm 10 News First** CC

### LIVE

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

**06:30 pm The Project** CC

### ALL NEW EPISODES

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

**07:30 pm The Traitors** **NO CC**

### ALL NEW EPISODES

**08:30 pm The Cheap Seats** CC M  
Coarse Language, Mature Themes, May Contain:

### ALL NEW EPISODES

Melanie Bracewell and Tim McDonald take a look at the week that was. From major news stories, entertainment and viral videos The Cheap Seats is a Reader's Digest for those who just don't want to read.

**09:30 pm NCIS** CC M  
Violence

### SEASON PREMIERE

#### Family Matter, A

With Parker still on the run, the team enlist the help of NCIS: Hawaii's Special Agent Jane Tennant and Computer Specialist Ernie Malick to clear his name and track down their prime suspect, The Raven

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law

Guest Starring: Vanessa Lachey, Jason Antoon





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Tuesday 18th October 2022

**10:30 pm NCIS**(Rpt)

CC M  
Violence

### All Hands

After a civilian research vessel rescues a small boat of wounded navy officers, NCIS arrives on the ship and is forced to hide after discovering terrorists on board

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

**11:30 pm The Project Encore** (Rpt)

CC

### **SPECIAL ENCORE PRESENTATION**

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

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

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### **ALL NEW EPISODES**

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**04:30 am CBS Mornings**

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Wednesday 19th October 2022

**06:00 am The Talk**

CC PG  
Mature Themes

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## SPECIAL ENCORE PRESENTATION

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## LIVE

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**08:30 am Studio 10**

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## LIVE

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**07:30 pm The Real Love Boat Australia** CC

### ALL NEW EPISODES

**09:00 pm My Life Is Murder** CC M  
Mature Themes

### ALL NEW EPISODES

Alexa's personal and professional lives collide when she looks into the death of a drag queen whose career was on the rise.

**10:00 pm Bull (Rpt)** CC M  
Mature Themes

### Espionage

TAC's defense strategy for a client on trial for going public with classified governments is compromised when Bull experiences emotional turmoil following his daughter's kidnapping.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



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**07:30 pm The Real Love Boat Australia** CC

## ALL NEW EPISODES

**09:00 pm Gogglebox Australia** CC

The Goggleboxers are back again to share their hilarious, heart warming, dry and delightfully honest opinions on the latest and greatest our television screens have to offer.

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## Friday 21st October 2022

<b>02:30 pm</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>03:00 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>03:30 pm</b>	<b>Farm To Fork</b> (Rpt)	CC PG	<p>Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.</p>
<b>04:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC	<p><b>ALL NEW EPISODES</b></p>
<b>05:00 pm</b>	<b>10 News First</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>06:30 pm</b>	<b>The Project</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Join the Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
<b>07:30 pm</b>	<b>The Living Room</b>	CC	<p><b>ALL NEW EPISODES</b></p>
<b>08:30 pm</b>	<b>The Graham Norton Show</b>	CC	<p><b>SEASON PREMIERE</b></p> <p>Graham Norton returns for a fabulous 30th season and will be joined by actors Jamie Lee Curtis, Eric Idle, David Tennant and Lydia West, plus Robbie Williams chats and performs his new single "Lost".</p>



# SYDNEY PROGRAM GUIDE

Friday 21st October 2022

09:30 pm To Be Advised

10:30 pm Road to the Melbourne Cup Carnival CC

### ALL NEW EPISODES

#### Road To The Cup

Join Michael Felgate, Michelle Payne, Glen Boss and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2022 race that stops the nation.

11:00 pm The Project Encore (Rpt) CC

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12:00 am The Late Show With Stephen Colbert CC PG

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# SYDNEY PROGRAM GUIDE

Saturday 22nd October 2022

<b>06:00 am</b>	<b>Reel Action</b> (Rpt)	CC		Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC	G	<p><b>ALL NEW EPISODES</b></p> <p><b><u>2243 - Letters From Jesus: Lost Love (Part 2)</u></b></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
<b>07:00 am</b>	<b>Pat Callinan's 4x4 Adventures</b> (Rpt)	CC	G	Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.
<b>08:00 am</b>	<b>Road To The Melbourne Cup Carnival</b> (Rpt)	CC		<p><b><u>Road To The Cup</u></b></p> <p>Join Michael Felgate, Michelle Payne, Glen Boss and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2022 race that stops the nation.</p>
<b>08:30 am</b>	<b>What's Up Down Under</b> (Rpt)	CC	PG Sexual References	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
<b>09:00 am</b>	<b>Australia By Design: Innovations</b> (Rpt)	CC	PG	Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence. It's about inspiration, disruption, changing the game and the next big thing.
<b>09:30 am</b>	<b>Studio 10: Saturday</b>	CC	PG	Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.
<b>12:00 pm</b>	<b>The Living Room Encore</b> (Rpt)	CC		<p><b>SPECIAL ENCORE PRESENTATION</b></p>
<b>01:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC	G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.



# SYDNEY PROGRAM GUIDE

Saturday 22nd October 2022

**01:30 pm Healthy Homes Australia** CC G

## ALL NEW EPISODES

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.

**02:00 pm Freshly Picked With Simon Toohey** CC G  
(Rpt)

Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers.

**02:30 pm Good Chef Bad Chef** (Rpt) CC G

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

**03:00 pm What's Up Down Under** (Rpt) CC

## ALL NEW EPISODES

Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!

**03:30 pm 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.

**04:00 pm Farm To Fork** (Rpt) CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**04:30 pm 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.

**05:00 pm 10 News First** CC

## LIVE

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



# SYDNEY PROGRAM GUIDE

## Saturday 22nd October 2022

**06:00 pm Bondi Rescue** (Rpt)

CC PG  
Coarse Language,  
Mature Themes

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

**06:30 pm The Dog House** (Rpt)

CC PG

Gold-winning Olympic cyclist Victoria Pendleton visits Wood Green to find a dog she can co-parent with her mum. And lovebirds Shai and Orin meet Polo the lurcher.

**07:30 pm Blue Bloods**

CC M  
Violence

### SEASON PREMIERE

#### Keeping The Faith

Eddie and Jamie deal with a domestic violence case, Frank goes on a mission to take an unfiltered look at the city, and Erin is presented with a surprising offer in her run for District Attorney.

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

**08:30 pm CSI: Vegas**

**NO  
CC**

### SEASON PREMIERE

**09:30 pm NCIS Encore** (Rpt)

CC M  
Violence

### SPECIAL ENCORE PRESENTATION

#### Family Matter, A

With Parker still on the run, the team enlist the help of NCIS: Hawaii's Special Agent Jane Tennant and Computer Specialist Ernie Malick to clear his name and track down their prime suspect, The Raven

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law

Guest Starring: Vanessa Lachey, Jason Antoon

**10:30 pm To Be Advised**

**11:30 pm To Be Advised**

**12:30 am Home Shopping** (Rpt)

Home Shopping



# SYDNEY PROGRAM GUIDE

## Saturday 22nd October 2022

<b>01:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>01:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>

**04:30 am** **Authentic** PG

### ALL NEW EPISODES

Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans.

**05:00 am** **Hour Of Power** G

### ALL NEW EPISODES