



# SYDNEY PROGRAM GUIDE

Sunday 12th May 2024

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

## ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

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

## ALL NEW EPISODES

The Key of David covers today's most important events with a unique perspective. Not only does the program tell you what's happening to our society and our world, it tells you why.

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

## ALL NEW EPISODES

### **514 You Are Blessed To Be A Blessing**

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.

**07:30 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.

**08:00 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.

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

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

**09:00 am Pooches At Play (Rpt)** CC PG  
Mild Violence

Tune in for Lara and Dr Mel's tips, Winter grooming, the benefits of scenting walks and treating fleas and flea infestations around the home. Plus, Lara visits with Assistance Dogs Australia

**09:30 am Buy To Build (Rpt)** CC G

Each episode, Walt Collins helps house hunters explore the country's latest display homes and land developments to find the perfect home to suit their needs.



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<b>10:00 am</b>	<b>Healthy Homes</b> (Rpt)	CC G	Home, garden, lifestyle or build – Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.
<b>10:30 am</b>	<b>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</b>	<b>Pat Callinan's 4x4 Adventures</b> (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
<b>SPECIAL ENCORE PRESENTATION</b>			
<b>12:00 pm</b>	<b>MasterChef Australia</b> (Rpt)	CC	
<b>01:10 pm</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
<b>01:30 pm</b>	<b>Cook With Luke</b> (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>02:00 pm</b>	<b>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>02:30 pm</b>	<b>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>03:00 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.



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**03:30 pm The Brighter Side: Save. Grow. Dream.** CC G  
(Rpt)

## SPECIAL ENCORE PRESENTATION

Outsmart online scammers; cook butter chicken with Adam Liaw; see Georgie Tunny kick it with the Matildas and finance expert, Jess Irvine helps a family who have bitten off more than they can chew.

**04:00 pm Everyday Gourmet With Justine Schofield** CC G  
(Rpt)

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.

**04:30 pm Good Chef Bad Chef** (Rpt) CC G

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

**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

## LIVE

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

**07:30 pm MasterChef Australia** CC

## ALL NEW EPISODES

**09:00 pm FBI** CC M  
Violence

## ALL NEW EPISODES

### Unforeseen

After multiple people are targeted and killed with a poisonous gas in broad daylight, the team races to find the killer, who they believe is tied to an eco-terrorist plot.

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

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

### Pride And Prejudice

A Muslim college student is murdered, and OA struggles to understand his FBI mentor's endgame when he targets the Imam of his former mosque, who insists the victim was wrongly targeted as a terrorist.

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



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Sunday 12th May 2024

11:00 pm **FBI** (Rpt)

CC M  
Violence

### Ambition

The team rushes to investigate an extremist gun group after an anti-gun lobbyist's building is bombed, with the promise of others to follow. Also, SAC Bashar dangles a possible promotion for OA.

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

12:00 am **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.

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)

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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 Burseson.



# SYDNEY PROGRAM GUIDE

## Monday 13th May 2024

<b>06:00 am</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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
<b>07:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	<b>ALL NEW EPISODES</b> 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.
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>The Yes Experiment</b> (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.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	<b>SPECIAL ENCORE PRESENTATION</b> Deacon pursues a new lead in his quest to prove he's not crazy. Meanwhile, Finn shares his concern about Deacon with Steffy.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



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Monday 13th May 2024

**10:30 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.

**11:00 am Dr Phil (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

**12:00 pm 10 News First: Midday**

CC

### LIVE

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

**01:00 pm Entertainment Tonight**

CC

### ALL NEW EPISODES

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

**01:30 pm MasterChef Australia Encore (Rpt)**

CC

### SPECIAL ENCORE PRESENTATION

**03:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**03:30 pm 10 News First: Afternoon**

CC

### LIVE

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

**04:00 pm Neighbours**

CC PG  
Mature Themes

### ALL NEW EPISODES

Remi is tempted by a promising proposal. Paul tries his hand at playing cupid. JJ makes a last ditch bid to see Felix.



# SYDNEY PROGRAM GUIDE

Monday 13th May 2024

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

CC PG  
Mild Violence,  
Mild Themes

## ALL NEW EPISODES

Lauren Fenmore divulges details about Sheila's past with Deacon. Meanwhile, Hope, Liam, Steffy, and Finn worry about Deacon's mental health.

**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 Deal Or No Deal**

CC G

## ALL NEW EPISODES

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

**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 MasterChef Australia**

CC

## ALL NEW EPISODES

**08:40 pm Have You Been Paying Attention?**

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

## SEASON PREMIERE

Have Sam Pang, Ed Kavalee and our contestants been paying attention? Host Tom Gleisner and our special guest quizmaster are about to find out.

**09:40 pm Anne Edmonds: Why Is My Bag All Wet?**

CC M  
Sexual References,  
Coarse Language

## SPECIAL EVENT

### Anne Edmonds- Why Is My Bag All Wet

Anne Edmonds floods her bag at least twice a week and becoming a mother hasn't helped this. This is Anne's long awaited return to the stage. Kick back and for god's sake, let's laugh.

**11:10 pm 10's Late News**

CC

## LIVE

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



# SYDNEY PROGRAM GUIDE

Monday 13th May 2024

**11:35 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.

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

## ALL NEW EPISODES

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

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

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**02:00 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 14th May 2024

<b>06:00 am</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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
<b>07:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	<b>ALL NEW EPISODES</b> 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.
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Remi is tempted by a promising proposal. Paul tries his hand at playing cupid. JJ makes a last ditch bid to see Felix.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Violence, Mild Themes	<b>SPECIAL ENCORE PRESENTATION</b> Lauren Fenmore divulges details about Sheila's past with Deacon. Meanwhile, Hope, Liam, Steffy, and Finn worry about Deacon's mental health.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



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**11:00 am Dr Phil (Rpt)**

CC PG  
Sexual References,  
Coarse Language,  
Drug References

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.

**12:00 pm 10 News First: Midday**

CC

## LIVE

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

**01:00 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

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

**01:20 pm Judge Judy (Rpt)**

CC PG

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

**01:50 pm MasterChef Australia Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

**03:00 pm Good Chef Bad Chef**

CC

## ALL NEW EPISODES

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**03:30 pm 10 News First: Afternoon**

CC

## LIVE

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

**04:00 pm Neighbours**

CC PG  
Mature Themes

## ALL NEW EPISODES

JJ faces a hard truth. Mackenzie's guilt grows. A surprise guest on Ramsay street upsets the status quo.



# SYDNEY PROGRAM GUIDE

Tuesday 14th May 2024

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Hope asks Finn a poignant and pointed question about Sheila. Meanwhile, Steffy claps back at Liam for taking Deacon seriously.

**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 Deal Or No Deal**

CC G

## ALL NEW EPISODES

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

**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 MasterChef Australia**

CC

## ALL NEW EPISODES

**08:40 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Taking a fun look at the week that was are The Cheap Seats hosts Melanie Bracewell and Tim McDonald.

**09:40 pm NCIS**

CC M  
Violence

## ALL NEW EPISODES

### Thousand Yards, A

NCIS comes under attack by a enemy from the past. Also, Vance tries to mend fences with his estranged son by explaining why, despite the ongoing dangers of his job, he still chooses to stay at NCIS.

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



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Tuesday 14th May 2024

**10:30 pm 10's Late News** CC

## LIVE

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

**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.

**12:00 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.

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

**Home Shopping**

**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.



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## Wednesday 15th May 2024

<b>06:00 am</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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
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<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> JJ faces a hard truth. Mackenzie's guilt grows. A surprise guest on Ramsay street upsets the status quo.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	<b>SPECIAL ENCORE PRESENTATION</b> Hope asks Finn a poignant and pointed question about Sheila. Meanwhile, Steffy claps back at Liam for taking Deacon seriously.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



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## Wednesday 15th May 2024

**10:30 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.

**11:00 am Dr Phil**

### LIVE

**12:00 pm 10 News First: Midday** CC

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

**01:00 pm Entertainment Tonight** CC

### ALL NEW EPISODES

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

**01:20 pm Judge Judy (Rpt)** CC PG

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### SPECIAL ENCORE PRESENTATION

**01:50 pm MasterChef Australia Encore (Rpt)** CC

### ALL NEW EPISODES

**03:00 pm Good Chef Bad Chef** CC

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### LIVE

**03:30 pm 10 News First: Afternoon** CC

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

### ALL NEW EPISODES

**04:00 pm Neighbours** CC PG  
Mature Themes

Mackenzie works to correct her wrongs. Karl faces a fresh humiliation. Sadie is challenged when she discovers a big secret.



# SYDNEY PROGRAM GUIDE

Wednesday 15th May 2024

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

CC PG  
Sexual References,  
Drug References

## ALL NEW EPISODES

Deacon dives deeper into his detective work to prove his theory. Meanwhile, Brooke has a strong point of view when she becomes aware of Luna's betrayal of R.J.

**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 Deal Or No Deal**

CC G

## ALL NEW EPISODES

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

**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 MasterChef Australia**

CC

## ALL NEW EPISODES

**08:40 pm To Be Advised**

**09:40 pm FBI: International**

CC M  
Violence

## ALL NEW EPISODES

### Dead Sprint

After an American tourist is killed while visiting Stockholm with his girlfriend, the Fly Team work to take down the Ultras responsible for the hate crime before they can launch an even worse attack.

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

Guest Starring: Greg Hovanessian



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Wednesday 15th May 2024

**10:40 pm 10's Late News** CC

## LIVE

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

**11:05 pm The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

## ALL NEW EPISODES

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

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**04:30 am CBS Mornings** CC

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# SYDNEY PROGRAM GUIDE

Thursday 16th May 2024

<b>06:00 am</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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
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<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Mackenzie works to correct her wrongs. Karl faces a fresh humiliation. Sadie is challenged when she discovers a big secret.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Sexual References, Drug References	<b>SPECIAL ENCORE PRESENTATION</b> Deacon dives deeper into his detective work to prove his theory. Meanwhile, Brooke has a strong point of view when she becomes aware of Luna's betrayal of R.J.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



# SYDNEY PROGRAM GUIDE

Thursday 16th May 2024

**10:30 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.

**11:00 am Dr Phil**

## LIVE

**12:00 pm 10 News First: Midday** CC

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

**01:00 pm Entertainment Tonight** CC

## ALL NEW EPISODES

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

**01:20 pm Judge Judy (Rpt)** CC PG

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

## SPECIAL ENCORE PRESENTATION

**01:50 pm MasterChef Australia Encore (Rpt)** CC

## ALL NEW EPISODES

**03:00 pm Good Chef Bad Chef** CC

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## LIVE

**03:30 pm 10 News First: Afternoon** CC

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

## ALL NEW EPISODES

**04:00 pm Neighbours** CC PG  
Mature Themes

Jane finds life becoming increasingly complicated. Mackenzie grapples with her personal dilemma. Abigail finds something she shouldn't.





# SYDNEY PROGRAM GUIDE

Thursday 16th May 2024

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

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Having found a lead, Deacon requests Finn's assistance. Meanwhile, Zende confides to Carter that he is in love with Luna. R.J. and Luna have an uncomfortable moment while working together.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:00 pm Deal Or No Deal**

CC G

## ALL NEW EPISODES

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

**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 Dog House Australia (Rpt)**

CC PG  
Mild Themes

Will Winnie's appetite for destruction get in the way of finding a happy new home? Simba has a chance at love from Jenny. However, his instant bond with her twin brother, John, could be an issue.

**08:30 pm Law & Order: S.V.U**

CC M  
Mature Themes

## ALL NEW EPISODES

### The Punch List

The SVU helps a man come to terms with being victimized, and Benson tries to support a victim's family when tragedy strikes twice.

Starring: Mariska Hargitay, Ice T, Peter Scanavino, Octavio Pisano, Jasmine Batchelor, Kevin Kane, Terry Serpico

**09:30 pm To Be Advised**



# SYDNEY PROGRAM GUIDE

Thursday 16th May 2024

10:30 pm 10's Late News CC

## LIVE

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

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.

12:00 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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

## Friday 17th May 2024

<b>06:00 am</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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.
<b>07:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	<b>ALL NEW EPISODES</b> 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.
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Jane finds life becoming increasingly complicated. Mackenzie grapples with her personal dilemma. Abigail finds something she shouldn't.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Sexual References, Mild Themes	<b>SPECIAL ENCORE PRESENTATION</b> Having found a lead, Deacon requests Finn's assistance. Meanwhile, Zende confides to Carter that he is in love with Luna. R.J. and Luna have an uncomfortable moment while working together.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



# SYDNEY PROGRAM GUIDE

Friday 17th May 2024

**10:30 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.

**11:00 am Dr Phil**

## LIVE

**12:00 pm 10 News First: Midday** CC

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

**01:00 pm Entertainment Tonight** CC

## ALL NEW EPISODES

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

**01:30 pm Judge Judy (Rpt)** CC PG

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

**02:00 pm Ready Steady Cook Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

**03:00 pm Good Chef Bad Chef** CC

## ALL NEW EPISODES

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**03:30 pm 10 News First: Afternoon** CC

## LIVE

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

**04:00 pm Everyday Gourmet With Justine Schofield (Rpt)** CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.



# SYDNEY PROGRAM GUIDE

Friday 17th May 2024

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Steffy and Hope are in lock step about their stance on Deacon and Sheila. Meanwhile, Ridge gives Brooke good news. In return, Brooke delivers bad news.

**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 Deal Or No Deal (Rpt)**

CC G

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

**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 Ready Steady Cook**

CC

## ALL NEW EPISODES

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

**08:30 pm To Be Advised**

**09:30 pm The Graham Norton Show (Rpt)**

CC M  
Sexual References,  
Coarse Language

Tune in for another hilarious episode of The Graham Norton Show, with guests Bernie Taupin, Catherine Tate, Ashley Walters and Bill Bailey, plus music from singer-songwriter Christine and the Queens.

**10:35 pm 10's Late News**

CC

## LIVE

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



# SYDNEY PROGRAM GUIDE

Friday 17th May 2024

**11:00 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.

**12:00 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.

**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)

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

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**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 18th May 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

**2419 Heaven Awaits: Part 05 "Who Is Going To Heaven"**

Religious.

**07:00 am Camper Deals (Rpt)** CC G

Join the What's Up Downunder team showcasing the latest products, accessories, and innovations with great tips'n'hints to make your next adventure a great experience!

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

## SPECIAL ENCORE PRESENTATION

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.

**08:00 am Taste Of Australia - BBQ Special (Rpt)** CC G

## Sydney Fish Market

Hayden has a day out at the Sydney Fish Market - cooking BBQ dishes with king prawns and mullet and dropping in on an old friend at the Sydney Seafood School.

**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 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.

**09:30 am Food Trail: South Africa (Rpt)** CC G

## Beyond Blyde Canyon

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



# SYDNEY PROGRAM GUIDE

Saturday 18th May 2024

**10:00 am Ready Steady Cook Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

**11:00 am MasterChef Australia Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

**12:10 pm MasterChef Australia Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

**01:20 pm My Market Kitchen** (Rpt) CC G

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

**01:30 pm All 4 Adventure** (Rpt) CC PG  
Coarse Language

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.

**02:30 pm GoRV** CC

## SEASON FINALE

We put three new offroad caravans through their paces to finish off the annual GoRV Off-road Challenge Event thanks to our friends at Sirocco 11.

**03:00 pm What's Up Down Under** 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 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

Saturday 18th May 2024

**04:00 pm Ready Steady Cook Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

**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 Brighter Side: Save. Grow. Dream.** CC G

## ALL NEW EPISODES

Learn how an Aussie dad's backyard generates enough cash to cover the mortgage, Georgie grills Neil Perry on business wisdom, and finance expert Jess Irvine helps a graduate set herself up for success

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

It's puppy-tastic this week at Wood Green as 9-year-old Kiya is given the best job ever, choosing a new furry friend out of a litter of three tiny cockapoos.

**07:30 pm The Dog House (Rpt)** CC PG

This week it's battle of the cutest as two very different puppies are offered to Sonia, Andy and their two girls. Plus, Winnie the Lhasa meets potential new bestie Lauren!

**08:30 pm Ambulance UK (Rpt)** CC M  
Mature Themes

The call centre team work tirelessly to deliver care to the people of the North East as staff shortages and an increasing number of 999 calls stretch the service to the limit.

**09:45 pm Ambulance UK (Rpt)** CC M  
Coarse Language,  
Drug References,  
Medical Procedures

A busy night begins with call handler Jen guiding a patient through childbirth. Then, paramedics respond to multiple 999 calls for patients at breaking point and struggling with their mental health.



# SYDNEY PROGRAM GUIDE

Saturday 18th May 2024

11:00 pm **To Be Advised**

12:00 am **Fire Country** (Rpt)

CC M  
Violence,  
Drug References,  
Medical Procedures

**Watch Your Step**

The Station 42 crew responds to an out-of-control underground blaze at a wellness retreat, and tensions run high as the Three Rock crew tries to protect one of their own from a dangerous overdose.

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

01:00 am **So Help Me Todd** (Rpt)

CC PG  
Violence

**86'd**

Margaret goes undercover as a dishwasher after a hostile work environment lawsuit against a Michelin-starred restaurant unexpectedly turns into a murder trial when the head chef is found dead.

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

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 **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.