



# SYDNEY PROGRAM GUIDE

Sunday 16th June 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

### 468 - The Way Of Escape In Every Trial

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 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.

**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 Themes

Learn how 'trigger stacking' could be affecting your dog's behaviour, how to properly brush your dog's teeth, and the 'alpha' dog training approach is not how to train your dog.



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<b>09:30 am</b>	<b>The Drew Barrymore Show</b> (Rpt)	CC PG Sexual References, Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b> <b>#4302</b></p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<b>10:00 am</b>	<b>The Drew Barrymore Show</b> (Rpt)	CC PG Sexual References, Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b> <b>#4309</b></p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<b>10:30 am</b>	<b>The Drew Barrymore Show</b> (Rpt)	CC PG Sexual References, Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
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<b>12:00 pm</b>	<b>MasterChef Australia Encore</b> (Rpt)	CC	<p><b>SPECIAL ENCORE PRESENTATION</b></p>
<b>01:10 pm</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>01:30 pm</b>	<b>Cook With Luke</b> (Rpt)	CC G	<p>Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.</p>
<b>02:00 pm</b>	<b>Roads Less Travelled</b> (Rpt)	CC G	<p>A travel and Road trip series that uncovers the hidden gems in each location that we visit</p>



# SYDNEY PROGRAM GUIDE

## Sunday 16th June 2024

**02:30 pm Food Trail: South Africa** (Rpt) CC G

### Wild Kwa-Zulu Natal

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.

**03:00 pm Australia By Design: Architecture** (Rpt) CC G

We discover a boldly designed party house in Brisbane's hottest suburb of Hamilton, and we shine the spotlight on internationally acclaimed Danish architect, Bjarke Ingles.

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

### SPECIAL ENCORE PRESENTATION

Welcome to The Brighter Side. We meet Australians who share bright ideas and practical tips. From clever side hustles to mealtime ideas & money-saving tips, we'll help you make the most of your money.

**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.

**04:30 pm 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.

**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 G

### ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Sunday 16th June 2024

**08:50 pm Tulsa King**

CC M  
Violence,  
A Sex Scene,  
Coarse Language

## ALL NEW EPISODES

### Visitation Place

At the Tulsa Arena, Dwight and company test out their new business plan, until a roadblock forces them to adjust and defend their turf. Tyson and his father argue about his future. Dwight gets an unexpected call.

**09:40 pm FBI (Rpt)**

CC M  
Violence

### Love Is Blind

When an officer is shot dead at a pawn shop along with the store's owner, the team tries to figure out why a young, recent Ivy League dropout is tied to the crime.

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

**10:35 pm FBI (Rpt)**

CC M  
Violence

### Prodigal Son

As the FBI investigates a deadly robbery that garnered a cache of automatic weapons for the killers, the team discover one of the perps is a classmate of Jubal's son, who is reluctant to cooperate.

Starring: Zeeko Zaki, Jeremy Sisto, Shantel Van Santen, John Boyd, Katherine Renee Turner, Ben Shenkman

**11:30 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.

**12:30 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.





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Monday 17th June 2024

**06:00 am The Drew Barrymore Show Encore**  
(Rpt)

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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**07:00 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.

**08:00 am Neighbours Encore** (Rpt)

CC PG  
Mild Themes

## SPECIAL ENCORE PRESENTATION

A startling new development casts doubt on Leo's theory. Remi is faced with a moral dilemma. JJ is disappointed to find that he and Dex share a common interest.

**08:30 am The Bold & The Beautiful** (Rpt)

CC PG  
Mild Themes

The marriage ceremony of Sheila Carter and Deacon Sharpe commences.

**09:00 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.

**10:00 am Good Chef Bad Chef** (Rpt)

CC G

## SPECIAL ENCORE PRESENTATION

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

Monday 17th June 2024

**10:30 am 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.

## ALL NEW EPISODES

**11:00 am The Drew Barrymore Show**

CC PG  
Sexual References,  
Mild Themes

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**11:30 am The Drew Barrymore Show**

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Sexual References,  
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## LIVE

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

CC

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

## ALL NEW EPISODES

**01:00 pm Entertainment Tonight**

CC

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

**01:10 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

**01:40 pm MasterChef Australia Encore** (Rpt)

CC G

## SEASON FINALE

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

CC G

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# SYDNEY PROGRAM GUIDE

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

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## LIVE

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

**04:00 pm Neighbours**

CC PG  
Mild Themes

## ALL NEW EPISODES

Jane is challenged. JJ makes a selfless decision. Karl fears for an important friendship. A spate of pranks keep the staff and residents of Eirini Rising on their toes.

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Expect the unexpected at Deacon and Sheila's wedding.

**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

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**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 PG  
Coarse Language

## ALL NEW EPISODES

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

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

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

Monday 17th June 2024

**09:40 pm Lloyd Langford: Current Mood**

CC MA15+  
Sexual References,  
Strong Coarse  
Language

## SPECIAL EVENT

### Lloyd Langford- Current Mood

Lloyd Langford is almost certainly feeling one or more of the following moods; cheeky, baffled, exhausted, curious, absolutely sick to death of going to the playground. Tune in to discover his vibe.

**11:05 pm 10's Late News**

CC

## LIVE

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

**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** CC PG

## ALL NEW EPISODES

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

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

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**04:30 am CBS Mornings**

CC

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# SYDNEY PROGRAM GUIDE

Tuesday 18th June 2024

**06:00 am The Drew Barrymore Show Encore**  
(Rpt)

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Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

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CC PG  
Mild Themes

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Coarse Language,  
Mature Themes

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**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.

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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 PG  
Coarse Language

## SPECIAL ENCORE PRESENTATION

**03:00 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.



# SYDNEY PROGRAM GUIDE

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CC

## LIVE

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

**04:00 pm Neighbours**

CC PG  
Mild Themes

## ALL NEW EPISODES

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

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Steffy is furious when she learns of Finn's betrayal.

**05:00 pm 10 News First**

CC

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**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 G

## 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 (Rpt)**

CC M  
Violence

## Fight Or Flight

When the body of a Navy lieutenant is discovered missing an eye, the NCIS investigation leads to the world of cage fighting

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



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

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

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## 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

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(Rpt)

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

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CC PG  
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**08:30 am The Bold & The Beautiful** (Rpt)

CC PG  
Sexual References,  
Mild Themes

Steffy is furious when she learns of Finn's betrayal.

**09:00 am Dr Phil** (Rpt)

CC PG  
Coarse Language,  
Drug References,  
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.

**10:00 am My Market Kitchen** (Rpt)

CC G

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

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## ALL NEW EPISODES



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Wednesday 19th June 2024

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CC PG  
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## ALL NEW EPISODES

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## ALL NEW EPISODES

**08:40 pm NCIS: Sydney**

CC M  
Violence,  
Drug References

## ALL NEW EPISODES

### Extraction

When the suspicious death of an old Drug Squad colleague pulls Evie back into a secret undercover operation, DeShawn is torn between loyalty to his friend and loyalty to his team.

**09:40 pm FBI: International**

CC M  
Violence

## ALL NEW EPISODES

### The Last Stop

When ex-FBI agent Bill Cormack, suddenly resurfaces in a brutal Tripoli prison, Forrester, and Powell risk everything to go undercover as prisoners to break him out.

Starring: Luke Kleintank, Vinessa Vidotto, Christina Wolfe, Carter Redwood, Eva-Jane Willis





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CC PG  
Mild Coarse  
Language

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CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**11:30 am The Drew Barrymore Show**

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**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 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.

**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  
Mild Themes

## ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Thursday 20th June 2024

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Steffy and Hope play the blame game. Meanwhile, Poppy shares life-changing information with Bill.

**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 Taskmaster Australia**

CC

## ALL NEW EPISODES

The competition to win Tom Gleeson's cranium in trophy form couldn't be closer. Tonight contestants go on the hunt for Tom Cashman, and teams fight it out to create the next big conspiracy!

**08:40 pm Law & Order: S.V.U**

CC MA15+  
Strong Violence

## ALL NEW EPISODES

### Probability Of Doom

When a woman turns her husband in for possessing child pornography, the case is complicated by a sudden death. Benson tries to reconnect with a victim she saved.

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

**09:35 pm Law & Order: S.V.U (Rpt)**

CC M  
Violence,  
Mature Themes

### Jumped In

Benson heads to the Bronx SVU for answers after becoming the target of a ruthless gang leader. Meanwhile, Fin works with Sgt. Kate Dixon and Det. Terry Bruno to help clear Bronx SVU's case backlog.

Starring: Mariska Hargitay, Ice T , Octavio Pisano, Terry Serpico

Guest Starring: Camryn Manheim, Kevin Kane



# SYDNEY PROGRAM GUIDE

Thursday 20th June 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 21st June 2024

**06:00 am The Drew Barrymore Show Encore**  
(Rpt)

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**06:30 am The Drew Barrymore Show Encore**  
(Rpt)

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**07:00 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.

**08:00 am The Brighter Side: Save. Grow. Dream**  
(Rpt)

CC G

Welcome to The Brighter Side. We meet Australians who share bright ideas and practical tips. From clever side hustles to mealtime ideas & money-saving tips, we'll help you make the most of your money.

**08:30 am The Bold & The Beautiful** (Rpt)

CC PG  
Mild Themes

Steffy and Hope play the blame game. Meanwhile, Poppy shares life-changing information with Bill.

**09:00 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.

**10:00 am My Market Kitchen** (Rpt)

CC G

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

**10:30 am Deal Or No Deal** (Rpt)

CC G

## SPECIAL ENCORE PRESENTATION

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.



# SYDNEY PROGRAM GUIDE

Friday 21st June 2024

**11:00 am The Drew Barrymore Show**

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**11:30 am The Drew Barrymore Show**

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**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 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 G

## SPECIAL ENCORE PRESENTATION

Miguel Maestre welcomes MasterChef alum Sarah Todd and Hayden Quinn into a sweet vs savoury episode of RSC.

**03:00 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.

**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 21st June 2024

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Steffy and Hope argue after Steffy makes a serious threat. Meanwhile, Luna receives vital information she's been waiting for.

**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 Have You Been Paying Attention? Encore (Rpt)**

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

## SPECIAL ENCORE PRESENTATION

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

**08:30 pm The Graham Norton Show (Rpt)**

CC M  
Sexual References

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with celebrity guests Michael Fassbender, Jennifer Saunders, Daisy Haggard and Take That.

**09:30 pm The Cheap Seats Encore (Rpt)**

CC M  
Coarse Language,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

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

**10:30 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 21st June 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.

**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)

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**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 22nd June 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

**2424 Heaven Awaits: Part 10 "What Ever Happened To Hell?"**

Religious.

**07:00 am On The Fly** (Rpt) CC G

Join Gavin Hurley as he breaks down the secrets of the fly fishing artform while taking you to some of the world's most amazing destinations.

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

### 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 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 MasterChef Australia Encore** (Rpt) CC G

### SPECIAL ENCORE PRESENTATION

**09:40 am My Market Kitchen** (Rpt) CC G

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

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

### SPECIAL ENCORE PRESENTATION

Miguel Maestre welcomes MasterChef alum Sarah Todd and Hayden Quinn into a sweet vs savoury episode of RSC.

**11:00 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 22nd June 2024

**11:30 am The Drew Barrymore Show (Rpt)**

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**12:00 pm The Drew Barrymore Show (Rpt)**

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**12:30 pm The Drew Barrymore Show (Rpt)**

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Sexual References,  
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## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**01:00 pm The Drew Barrymore Show (Rpt)**

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Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**01:30 pm The Drew Barrymore Show (Rpt)**

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

**02:00 pm Pooches At Play**

CC

## SEASON PREMIERE

Hosted by Dog Trainer and Behaviourist, Lara Shannon, get all the tips and advice you need to be the best carer and friend to your favourite furry pals.

**02:30 pm The Yes Experiment (Rpt)**

CC G

Max and Gracie, are the deliciously entertaining children of Loz and Cheng. They'll have some high requests of their parents that will lead to sweaty palms, shaky legs and even a trip to outer space.

**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!



# SYDNEY PROGRAM GUIDE

## Saturday 22nd June 2024

<b>03:30 pm Good Chef Bad Chef</b> (Rpt)	CC G	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.
<b>04:00 pm Farm To Fork</b> (Rpt)	CC G	Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.
<b>04:30 pm Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
<b>05:00 pm 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>06:00 pm The Brighter Side: Save. Grow. Dream.</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>Welcome to The Brighter Side. We meet Australians who share bright ideas and practical tips. From clever side hustles to mealtime ideas &amp; money-saving tips, we'll help you make the most of your money.</p>
<b>06:30 pm Ready Steady Cook</b>	CC	<p><b>ALL NEW EPISODES</b></p> <p>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!</p>
<b>07:30 pm The Dog House</b> (Rpt)	CC PG	It is the festive season and it seems Christmas might have come early for Bently, the 6-year-old Pug when he meets widowed 61-year-old, Ramesh.
<b>08:30 pm Ambulance UK</b>	CC M Coarse Language, Medical Procedures	<p><b>ALL NEW EPISODES</b></p> <p>Ambulance crews struggle to deal with life threatening emergencies while also being the last resort for those who have no one else to turn to.</p>



# SYDNEY PROGRAM GUIDE

Saturday 22nd June 2024

**09:45 pm Ambulance UK (Rpt)**

CC M  
Coarse Language,  
Mature Themes

As the second wave of Covid-19 grips the country, the pressure mounts on the NHS in Merseyside. With hospitals almost full, ambulance crews know they must try to keep most of their patients at home.

**11:00 pm The Cheap Seats Encore (Rpt)**

CC M  
Coarse Language,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

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

**12:00 am FBI (Rpt)**

CC M  
Violence

### Whack Job

The team goes after the killer of a man in witness protection but finds there's more to the case than meets the eye. Also, Remy is challenged by what he discovers when he reconnects with his mother.

Starring: Dylan McDermott, Alexa Davalos, Miguel Gomez, Keisha Castle-Hughes

**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 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.