



SYDNEY PROGRAM GUIDE

Sunday 27th November 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

In this special behind-the-scenes interview, Dr. David Jeremiah and Sheila Walsh discuss the upcoming Why the Nativity?

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

ALL NEW EPISODES

450 - The Healing Power Of A Joyful Heart

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

08:00 am The Living Room (Rpt) CC

Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg.

09:00 am Destination Dessert CC G

SEASON PREMIERE

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.

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm The Challenge Australia Encore (Rpt) CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

Rock-N-Bola

The game gets down and dirty as a Challenger looks for revenge. Enemies must find a way to work together as they try to master an ancient Argentinian hunting weapon at the "Bolas for Blood" Challenge.



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01:00 pm The Challenge Australia Encore (Rpt) CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

Whine Barrels

The major alliances in the house begin to draw battle lines, while a steamy hookup between two Challengers gets the rest of the players hot and bothered.

02:00 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.

02:30 pm Jamie's One-Pan Wonders (Rpt) CC G

Jamie shows us how to cook a traybaked salmon in a bag, tomato fritters that can be prepared in a frying pan, and roasted rolled pork with a risotto that are both cooked in the same casserole pan.

03:00 pm Cook With Luke CC G

ALL NEW EPISODES

Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.

03:30 pm Well Traveller CC

ALL NEW EPISODES

Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia's favourite holiday destinations.

04:00 pm All 4 Adventure CC

ALL NEW EPISODES

Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.

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

Sunday 27th November 2022

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 Graham Norton Show

CC

ALL NEW EPISODES

Settle in for a grand night of entertainment as Graham is joined by legendary singer Bruce Springsteen, Anya Taylor-Joy, Anna Maxwell Martin and Mo Gilligan. With music from Florence and the Machine.

08:30 pm NCIS: Hawaii

CC

ALL NEW EPISODES

Changing Tides

When a Marine Corporal dies in a tide pool after being exposed to fentanyl, NCIS must quickly find the source of the drugs. Alex talks about taking a gap year and Ernie reveals some personal news.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson

09:30 pm FBI(Rpt)

CC M
Violence

Brother's Keeper

After a man is killed by an explosive package shipped to his home, the team attempts to capture the sender and intercept his latest deadly parcel.

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

10:30 pm FBI(Rpt)

CC M
Violence,
Mature Themes

Fathers And Sons

Jubal's concern for his sick son affects his judgement as the team rushes to track down two doctors abducted by a desperate father willing to do anything to save his own son.

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

11:30 pm The Sunday Project Encore (Rpt)

CC

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



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04:00 am	Home Shopping (Rpt)	Home Shopping

04:30 am	CBS Mornings	CC	ALL NEW EPISODES
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CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Monday 28th November 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am 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

02:00 pm Entertainment Tonight

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ALL NEW EPISODES

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

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



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03:30 pm 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.

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

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ALL NEW EPISODES

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07:30 pm The Challenge Australia

CC

ALL NEW EPISODES

Wonderful Bachy Holiday, A

The knives are out as two dominant forces in the game battle to take control. A barbecue leaves several Challengers burned and Brihony announces a shocking twist that puts the Challengers on edge.

08:30 pm Ghosts

CC PG
Drug References,
Mature Themes

ALL NEW EPISODES

Dumb Deaths

When a television documentary crew comes to Woodstone Mansion to shoot an episode of "Dumb Deaths," Pete confronts a hard truth about the day he died.

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



SYDNEY PROGRAM GUIDE

Monday 28th November 2022

09:00 pm FBI: Most Wanted

CC M
Violence,
Drug References

ALL NEW EPISODES

Succession

After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.

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

10:00 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Mature Themes

Hairtrigger

The team must act quickly to track down a young man traumatized by his experience surviving a school shooting, before he can exact a mass casualty revenge event on those he believes failed him.

Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand

Guest Starring: Charlie Tahan

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.

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SYDNEY PROGRAM GUIDE

Tuesday 29th November 2022

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CC PG
Mature Themes

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08:00 am 10 News First: Breakfast

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LIVE

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

08:30 am Studio 10

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ALL NEW EPISODES

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06:30 pm The Project CC

ALL NEW EPISODES

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07:30 pm The Challenge Australia CC

ALL NEW EPISODES

Tyred Of You

Relationships in the house continue to break down under the intense stress of the game. The Challengers are surprised with a gruelling nighttime challenge. A player's injury puts their game in danger.

08:30 pm NCIS CC

ALL NEW EPISODES

Love Lost

NCIS must investigate the Secretary of the Navy when her husband claims she tried to murder him.

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



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09:30 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Starting Over

NCIS probes the apparent suicide of a retired Navy officer who was in Palmer and Knight's grief group.

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

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SYDNEY PROGRAM GUIDE

Wednesday 30th November 2022

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CC PG
Mature Themes

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07:30 pm The Dog House Australia (Rpt) CC PG
Mature Themes

Pete and Hernando are smitten with Tibetan spaniel mix, Baxter. But will their picky Chihuahua Bruno approve? Can Doctor Patrick offer chill senior citizen Buster the red cattle dog a retirement home?

08:30 pm The Dog House Australia (Rpt) CC PG
Mature Themes

Zahra and Jack adore Wolfie the Wolfhound, but their daughters are less convinced. Love is in the air when Golden Labrador Chai meets Laurel and Darrell, but will Chai be ok around their wheelchairs?



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Wednesday 30th November 2022

09:30 pm My Life Is Murder

CC M
Mature Themes

ALL NEW EPISODES

Harry asks Alexa to investigate the case of his friend, who is accused of murdering a survival expert.

10:30 pm Bull (Rpt)

CC M
Mature Themes

The Great Divide

The TAC team experiences a conflict of interest in court when Benny represents the plaintiff and Chunk represents the defendant in the same civil suit.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

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Thursday 01st December 2022

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CC PG
Mature Themes

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SPECIAL ENCORE PRESENTATION

08:00 am 10 News First: Breakfast

CC

LIVE

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08:30 am Studio 10

CC PG

LIVE

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12:00 pm Dr Phil

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01:00 pm The Living Room (Rpt)

CC G

Barry shows a couple of rookie renovators how to create a stylish DIY laundry on the cheap, while Miguel serves up a childhood favourite, and Chris goes canyoning in the stunning Behana Gorge.

02:00 pm Entertainment Tonight

CC

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07:30 pm Ambulance Australia (Rpt) CC M
Coarse Language,
Drug References,
Mature Themes

Tonight, a man claims to have jumped off Brisbane's Story Bridge and we see the effects this has on the professionals who are racing to piece together a puzzle to try and save a life.

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

The low blood sugar levels of 23-year-old type one diabetic have led to a dangerous seizure. Another code 1A comes in for two-year-old Levi, suffering serious respiratory issues.



SYDNEY PROGRAM GUIDE

Thursday 01st December 2022

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Return Of The Prodigal Son

The squad rallies around Det. Stabler to find the suspect behind a threat to his family.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino

Guest Starring: Christopher Meloni, Isabel Gillies

10:30 pm Blue Bloods Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

On Dangerous Ground

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

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CC PG
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CC

Santa Claus is coming to The Living Room! In our final show, Miguel creates some tasty Christmas fare, Barry has a sack full of fresh ideas and Chris checks in on doggo Randy and his prosthetic leg.

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ALL NEW EPISODES

It's a show jam-packed with talent as Graham has fun on the couch with Daniel Craig, Emma Thompson, Clive Myrie, Sir Ian McKellen and John Bishop. Plus, Charlie Puth performs his song "Loser".

08:30 pm The Flatshare NO
CC

SPECIAL EVENT



SYDNEY PROGRAM GUIDE

Friday 02nd December 2022

09:30 pm Just For Laughs Australia (Rpt)

CC M
Sexual References,
Coarse Language,
Mature Themes

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs with Zoe Coombs Marr, Ivan Aristeguieta & Jude Perl.

10:00 pm Just For Laughs Uncut (Rpt)

CC MA15+
Sexual References,
Coarse Language

Bert Kreischer, Michael Che, Garfunkel & Oates

Join host Nikki Osborne for an all new season of adults-only laughs from the biggest names in comedy. Comics: Bert Kreischer, Michael Che, Garfunkel & Oates

10:30 pm Rhys Nicholson: Live At Darlinghurst Theatre (Rpt)

CC MA15+
Sexual References,
Coarse Language

Rhys Nicholson: Live At Darlinghurst Theatre

Award winning Rhys Nicholson performs his breakout 2016 show "Bona Fide" at Sydney's Eternity Theatre. Covering vast topics from flexitarians, to anxiety, to how to act at weddings. Watch it.

12:00 am The Project Encore (Rpt)

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ALL NEW EPISODES

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

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 02nd December 2022

04:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 03rd December 2022

06:00 am	Reel Action (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.
06:30 am	Leading The Way With Dr. Michael Youssef	CC	G	<p>ALL NEW EPISODES</p> <p><u>2249 - Letters From Jesus: Became So Worldly (Part 8)</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Tough Tested (Rpt)		G	What's Up Downunder and Offroad Adventure Show teams Tough Test the Outdoor Lifestyle Products on a obstacle course at one of Australia's toughest venues!
08:00 am	Escape Fishing With ET (Rpt)	CC	G	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.
08:30 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!
09:00 am	Australia By Design: Architecture (Rpt)	CC	PG	Now in its fifth season, Australia by Design, uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design.
09:30 am	Studio 10: Saturday	CC	PG	Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.
12:00 pm	Well Traveller (Rpt)	CC	PG Mature Themes	Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia's favourite holiday destinations.



SYDNEY PROGRAM GUIDE

Saturday 03rd December 2022

12:30 pm The Offroad Adventure Show (Rpt) CC G

This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt.

ALL NEW EPISODES

01:30 pm Healthy Homes Australia CC

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 All 4 Adventure (Rpt) CC

Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.

03:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.

04:00 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.

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.

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.



SYDNEY PROGRAM GUIDE

Saturday 03rd December 2022

06:30 pm **Hungry**

CC

ALL NEW EPISODES

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.

07:00 pm **Jamie's One-Pan Wonders**

CC G

ALL NEW EPISODES

Jamie Oliver takes midweek meals up a notch, as he knocks out flavour-packed gnocchi and giant spicy meatballs, and turns a family favourite on its head with his upside-down fish pie.

07:30 pm **Blue Bloods**

CC

ALL NEW EPISODES

Heroes

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

08:30 pm **CSI: Vegas**

CC M
Violence,
Medical Procedures

ALL NEW EPISODES

Burned

A mysterious bigfoot-like footprint found near a crime scene puzzles the CSI team as they work to uncover who - or what - killed a father and son in their home.

Starring: Marg Helgenberger, Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Lex Medlin

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

CC

SPECIAL ENCORE PRESENTATION

Love Lost

NCIS must investigate the Secretary of the Navy when her husband claims she tried to murder him.

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

10:30 pm **My Life Is Murder Encore (Rpt)**

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

Harry asks Alexa to investigate the case of his friend, who is accused of murdering a survival expert.



SYDNEY PROGRAM GUIDE

Saturday 03rd December 2022

11:30 pm FBI: Most Wanted Encore (Rpt)

CC M
Violence,
Drug References

SPECIAL ENCORE PRESENTATION

Succession

After a heist in the Diamond District leaves three dead, the team's search for the fugitives reveals a dangerous connection to Kristin's undercover past in Miami.

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 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 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