



SYDNEY PROGRAM GUIDE

Sunday 18th August 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

535 Walk In Divine Health And Life

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.

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

Elevate your culinary skills 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 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.



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09:30 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.
10:00 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.
10:30 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.
11:00 am	Dogs Behaving (Very) Badly Australia (Rpt)	CC G Mild Coarse Language	SPECIAL ENCORE PRESENTATION Graeme helps pomeranian Hero, who is a hellraiser when visitors come over. Four pugs suffer from a serious case of FOMO, and two fighting fur-babies are turning a happy home into a war zone.
12:00 pm	To Be Advised		
01:00 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	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.
02:00 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.
02:30 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.



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Sunday 18th August 2024

03:00 pm Hungry (Rpt)

CC PG
Mild 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.

03:30 pm The Big Bang Theory (Rpt)

CC PG
Sexual References

The Brain Bowl Incubation

A successful gene experimentation leaves Sheldon excited to procreate with Amy, and he pulls out all stops to get her on board. Meanwhile, Raj takes an interest in the cleaning lady at the university.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

04:00 pm The Big Bang Theory (Rpt)

CC PG

The Geology Elevation

Sheldon can't contain his jealousy when Bert wins a grant for his geology research. A distasteful toy built by Howard faces judgement from the gang.

Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar

04:30 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.

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 Sunday Project

CC

LIVE

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

07:00 pm Hunted

CC PG
Mild Coarse
Language

ALL NEW EPISODES



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Sunday 18th August 2024

08:30 pm **To Be Advised**

09:30 pm **Claremont: A Killer Among Us Part 1** (Rpt) CC M
Mature Themes

Claremont: A Killer Among Us Part 1

When girls started going missing from Claremont, nobody had any idea what was going on. Then, bodies started being discovered. So began Australia's longest running, biggest and most expensive manhunt.

11:00 pm **FBI**(Rpt) CC M
Violence,
Mature Themes

The Lies We Tell

When an off-duty diplomatic security agent is fatally shot trying to apprehend someone, the team investigates if there's a connection to his time working in Croatia, and soon discover a global threat.

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

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)

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02:30 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 19th August 2024

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07:00 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.
07:30 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	SPECIAL ENCORE PRESENTATION Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.
08:00 am	Neighbours (Rpt)	CC PG Mild Themes	SPECIAL ENCORE PRESENTATION
08:30 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Brooke and Hope worry about Steffy furthering the Logan Forrester feud. Katie makes it her mission to find out about Poppy's past. Steffy allows past hurts to surface and lashes out at Ridge.
09:00 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.
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10:00 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.

10:30 am To Be Advised

ALL NEW EPISODES

12:00 pm Everyday Gourmet With Justine Schofield CC G

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

12:30 pm 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.

01:00 pm 10 News First: Lunchtime CC

LIVE

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

02:00 pm Family Feud CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

02:30 pm Lingo CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

03:30 pm 10 News First: Afternoon CC

LIVE

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



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Monday 19th August 2024

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

Poppy gets agitated when Katie turns up the heat, asking pointed questions. The Brooke's Bedroom photo shoot begins.

05:00 pm 10 News First

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

06:00 pm Deal Or No Deal

CC G

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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 Hunted

CC

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.

09:40 pm To Be Advised

10:10 pm Ghosts

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Holes Are Bad

When Sam and Jay leave the ghosts home alone for the weekend in an attempt to have a romantic getaway, shocking revelations are made about two of Woodstone's beloved spirits.

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



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Monday 19th August 2024

10:35 pm 10's Late News CC

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

SPECIAL ENCORE PRESENTATION

11:00 pm The Project Encore (Rpt) CC

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

ALL NEW EPISODES

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

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

01:00 am Home Shopping (Rpt)

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01:30 am Home Shopping (Rpt)

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ALL NEW EPISODES

04:30 am CBS Mornings CC

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





SYDNEY PROGRAM GUIDE

Tuesday 20th August 2024

06:00 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.

06:30 am 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.

07:00 am Deal Or No Deal (Rpt)

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SPECIAL ENCORE PRESENTATION

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07:30 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

08:00 am Neighbours (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

CC PG
Sexual References,
Mild Themes

Poppy gets agitated when Katie turns up the heat, asking pointed questions. The Brooke's Bedroom photo shoot begins.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
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ALL NEW EPISODES

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

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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.

10:30 am To Be Advised

ALL NEW EPISODES

11:40 am Entertainment Tonight CC

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

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01:00 pm 10 News First: Lunchtime CC

LIVE

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

02:00 pm Family Feud CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

02:30 pm Lingo CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.





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03:30 pm 10 News First: Afternoon

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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,
Drug References,
Mild Themes

ALL NEW EPISODES

Katie pushes the limits in her pursuit of the truth about Poppy. Brooke presses Hope to stop her infatuation with Finn. Zende is celebrated for his success with the Brooke's Bedroom line.

05:00 pm 10 News First

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

06:00 pm Deal Or No Deal

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06:30 pm The Project

CC

LIVE

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07:30 pm Hunted

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.



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Tuesday 20th August 2024

09:40 pm NCIS (Rpt)

CC M
Violence

Unearth

When a dead body is found at an ancient burial site that is thought to be cursed, the team tries to determine the motive and the symbolism behind the crime. Torres discovers that his life is in danger

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, David McCallum, Brian Dietzen

10:40 pm 10's Late News

CC

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

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

12:05 am The Late Show With Stephen Colbert CC PG

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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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CC

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SPECIAL ENCORE PRESENTATION

07:30 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

SPECIAL ENCORE PRESENTATION

08:00 am Neighbours (Rpt) CC PG
Mild Themes

08:30 am The Bold & The Beautiful (Rpt) CC PG
Sexual References,
Drug References,
Mild Themes

Katie pushes the limits in her pursuit of the truth about Poppy. Brooke presses Hope to stop her infatuation with Finn. Zende is celebrated for his success with the Brooke's Bedroom line.

ALL NEW EPISODES

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Sexual References,
Mild Themes

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10:30 am To Be Advised

ALL NEW EPISODES

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

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01:00 pm 10 News First: Lunchtime CC

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

02:00 pm Family Feud CC PG

ALL NEW EPISODES

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02:30 pm Lingo CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.



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CC PG
Mild Themes

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

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ALL NEW EPISODES

Bill learns a secret that Poppy's been keeping. Hope gloats when she realizes Steffy's misstep.

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06:30 pm The Project

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LIVE

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

07:30 pm Thank God You're Here

CC

ALL NEW EPISODES

08:40 pm Inspired Unemployed (Impractical) Jokers

CC M
Sexual References,
Coarse Language,
Crude Humour

ALL NEW EPISODES

The Jokers roam the supermarket, things get fiery at Teppanyaki, and a knockout MMA punishment

09:10 pm Inspired Unemployed (Impractical) Jokers (Rpt)

CC M
Sexual References,
Crude Humour

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they take over a suburban supermarket causing chaos at the checkout.



SYDNEY PROGRAM GUIDE

Wednesday 21st August 2024

09:40 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.

10:40 pm 10's Late News

CC

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

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04:30 am CBS Mornings

CC

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SYDNEY PROGRAM GUIDE

Thursday 22nd August 2024

06:00 am My Market Kitchen (Rpt) CC G

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07:30 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

08:00 am Neighbours (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

Bill learns a secret that Poppy's been keeping. Hope gloats when she realizes Steffy's misstep.

09:00 am The Drew Barrymore Show CC PG
Sexual References,
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SPECIAL ENCORE PRESENTATION

10:30 am Dogs Behaving (Very) Badly Australia (Rpt) CC G
Mild Coarse Language

Graeme helps pomeranian Hero, who is a hellraiser when visitors come over. Four pugs suffer from a serious case of FOMO, and two fighting fur-babies are turning a happy home into a war zone.

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Thursday 22nd August 2024

02:30 pm Lingo CC G

ALL NEW EPISODES

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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
Drug References,
Mild Themes

ALL NEW EPISODES

Hilarity ensues between Steffy and Captain Deuce Stevens when she holds up the flight to Monte Carlo because she cannot find her passport.

05:00 pm 10 News First CC

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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 Dogs Behaving (Very) Badly Australia CC PG
Mild Themes

ALL NEW EPISODES

Graeme meets a manic moodle who's terrorizing her family and other dogs, he visits a female dog who's constant humping, and he dons a postie disguise to sort out a German Shepherd named Kobe.



SYDNEY PROGRAM GUIDE

Thursday 22nd August 2024

08:30 pm Gogglebox Australia CC

ALL NEW EPISODES

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

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



SYDNEY PROGRAM GUIDE

Thursday 22nd August 2024

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Friday 23rd August 2024

06:00 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.

06:30 am 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.

07:00 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.

07:30 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

08:00 am Pooches At Play (Rpt)

CC PG
Medical Procedures

Pet advice including debunking myths, taking care of your dog's paws and dental health, feeding for all life stages, when and how to use antihistamines for your dog, Guide Dogs breeding program & more

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

CC PG
Drug References,
Mild Themes

Hilarity ensues between Steffy and Captain Deuce Stevens when she holds up the flight to Monte Carlo because she cannot find her passport.

09:00 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.

09:30 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.



SYDNEY PROGRAM GUIDE

Friday 23rd August 2024

10:00 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.

SPECIAL ENCORE PRESENTATION

10:30 am Sort Your Life Out Encore (Rpt)

CC PG
Mild Themes

New series: Imagine if the entire contents of your home were laid out before you, so you could decide what to keep and what to throw away. Join the team as they help declutter and transform lives.

11:30 am 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.

12:00 pm Everyday Gourmet With Justine Schofield

CC G

ALL NEW EPISODES

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

12:30 pm 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.

01:00 pm 10 News First: Lunchtime

CC

LIVE

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

02:00 pm Family Feud

CC PG

ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.



SYDNEY PROGRAM GUIDE

Friday 23rd August 2024

02:30 pm Lingo CC G

ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

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 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.

04:30 pm The Bold & The Beautiful CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Luna lashes out at Katie for the accusations she's making against Poppy. Steffy quickly shuts down Hope's giddiness over Steffy's misfortune.

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 Sort Your Life Out CC PG
Mild Themes

ALL NEW EPISODES

New series: Imagine if the entire contents of your home were laid out before you, so you could decide what to keep and what to throw away. Join the team as they help declutter and transform lives.



SYDNEY PROGRAM GUIDE

Friday 23rd August 2024

08:45 pm The Dog Academy

CC PG
Mild Themes

ALL NEW EPISODES

Responsible for tens of thousands of pounds of damage, dalmatian Lupin arrives in need of help. Jack Russell-cross Mya has a violent phobia of windscreen wipers.

09:45 pm To Be Advised

10:45 pm 10's Late News

CC

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

11:10 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Friday 23rd August 2024

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 24th August 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 PG

ALL NEW EPISODES

#2434 A Heart For God: Part 08 "Encouragement From Discouragement"

Religious.

07:00 am Reel Action (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Join Toby Francis, Jack "The Stowaway" Nolan, and Michael Guest as they head offshore chasing a mixed bag of reef fish. The day begins with a mixed catch of Pearl Perch, John Dory, and Longfin Perch.

07:30 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.

08:00 am IFISH (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.

08:30 am Australia By Design: Architecture (Rpt) CC G

Discover how a Perth architect decided he had to build a demo house to prove medium density is the future, and we visit a house built in the clouds above the Great Ocean Road.

09:00 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.



SYDNEY PROGRAM GUIDE

Saturday 24th August 2024

09:30 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.
10:00 am Healthy Homes (Rpt)	CC G	Home, garden, lifestyle or build - Walt Collins and Dani Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.
SPECIAL ENCORE PRESENTATION		
10:30 am The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.
SPECIAL ENCORE PRESENTATION		
11:00 am The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.
SPECIAL ENCORE PRESENTATION		
11:30 am The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.
12:00 pm To Be Advised		
01:00 pm Planet Shapers (Rpt)	CC G	<u>Planet Shapers</u> Sustainability stories about innovating and adapting to create a more sustainable world.
01:30 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.
02:00 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

Saturday 24th August 2024

02:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.
03:00 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.
03:30 pm	The Big Bang Theory (Rpt)	CC PG Sexual References	<p><u>The Escape Hatch Identification</u></p> <p>When the gang offer places for Raj to live, it creates unexpected conflict among everyone.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
04:00 pm	The Big Bang Theory (Rpt)	CC PG	<p><u>The Collaboration Fluctuation</u></p> <p>Leonard, Penny and Raj adjust to their new living arrangements. Meanwhile, Sheldon expresses an interest in Amy's work.</p> <p>Starring: Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg, Kunal Nayyar</p>
04:30 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.
05:00 pm	10 News First	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:30 pm	The Dog House (Rpt)	CC PG Mild Themes	Adopted sisters Niamh & Holly want to extend the family. Can Lurcher Skye fit the bill? Staffie Cross Leon needs love and fun in his life, so luckily for him he's matched with mates Chanelle & Molly.



SYDNEY PROGRAM GUIDE

Saturday 24th August 2024

07:30 pm To Be Advised

08:30 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Will Kelly be able to win over fluff ball Jinglebells? Are Alessio and Vittorio at risk of being bitten by an overwhelmed Maltese? And will Army Major David win the battle to gain Frankie's affection?

09:30 pm Ambulance (Rpt)

CC M
Coarse Language,
Mature Themes

The Ambulance service responds to two separate calls for patients with severe burns, both in need of urgent treatment at the region's only specialist burns unit.

10:45 pm Ambulance (Rpt)

CC M
Coarse Language,
Strong Adult Themes

Crews attend the scene when a 100 year-old woman falls down the stairs, a young lad takes a painful tumble from a horse, and a man gets trapped under a collapsed mobile home.

12:00 am 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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping





SYDNEY PROGRAM GUIDE

Saturday 24th August 2024

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.