**Sunday, March 17, 2013**

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| 6:00AM | **Stitch! (R)** | G | We Wish You A Washy Christmas  When Stitch lands on a remote island, he must perform several good deeds in order to activate the Spiritual Stone that will gain him great power. |
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| 6:30AM | **Handy Manny (R)** | G | Chico Goes To Preschool / Kelly's Chili  Join Handy Manny, who with the help of his amazing set of talking tools is the town's expert when it comes to repairs. Manny builds lunchbox cubbies for his nephew Chico's first day at pre-school. |
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| 7:00AM | **Weekend Sunrise 'CC'** |  | Wake up to a better breakfast with Andrew O'Keefe and Samantha Armytage for all the latest news, sport and weather. |
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| 10:00AM | **AFL Game Day 'CC'** | PG | AFL Game Day returns with host Hamish McLachlan and the biggest names in the game to preview the 2013 AFL season and review all the action from the NAB Cup Grand Final. |
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| 11:10AM | **Footy Flashbacks** | G | Replay 2012 Grand Final |
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| 12:40PM | **Sunday Afternoon Movie (R) (2008)** | G | Minutemen  Virgil and his pals are determined to make life a little easier for the less popular students in their high school, and in order to make that happen they create a time machine. But strange things can happen when you go messing with the laws of physics, and when Virgil and friends open a black hole they find that turning back the clock can have messy repercussions. Starring JASON DOLLEY, LUKE BENWARD, NICHOLAS BRAUN, CHELSEA STAUB, STEVE MCQUEEN, KARA CRANE, DEXTER DARDEN, J P MANOUX, JAMES JAMISON, JASON TATOM and TRENTON JAMES. |
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| 2:30PM | **Sunday Afternoon Movie (R) 'CC' (2009)** | PG  (L,S) | Wild Child  A self-obsessed, incorrigible brat living a pampered life in L.A. is shipped off to an English boarding school. Under the watchful eye of the school's headmistress and surrounded by a new circle of friends, this poorly behaved teen begrudgingly realises her bad girl behaviour will only get her so far, but not before she does her best to shake up the system! Starring EMMA ROBERTS, LEXI AINSWORTH, SHELBY YOUNG, JOHNNY PACAR, AIDAN QUINN, NATASHA RICHARDSON, GEORGIA KING and ELEANOR TURNER-MOSS. |
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| 4:30PM | **Live Healthy, Be Happy 'CC'** | G | Live Healthy, Be Happy  As the winter months approach we take a look at protecting your body and boosting your immunity. Ash tests to see whether acupuncture really does deliver on its promise to make you feel stronger. Meet a man who believes he's discovered the fountain of youth. Plus Chef Karen Martini shares her tips for boosting immunity through food. Presented by GEOFF HUEGILL, ASH HART, HAMISH MCLACHLAN and JESINTA CAMPBELL. |
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| 5:00PM | **Drive Thru Australia 'CC'** | G | Ben's Canberra road trip continues, and today it kicks off at the local farmers market. Then, Mt Majura serves as the perfect backdrop for Ben's Smoked Duck Caesar salad. Hosted by BEN O'DONOGHUE. |
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| 5:30PM | **Coxy's Big Break 'CC'** | G | Take a break around Australia and beyond with Coxy as he discovers the best food, entertainment and travel destinations. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with Giaan Rooney updating the weather. Sport is with Sandy Roberts. |

**Sunday, March 17, 2013**

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| 6:30PM | **Sunday Night 'CC'** |  | Chris Bath leads a team of Australia's best reporters, breaking the stories that matter. |
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| 7:30PM | **Border Security - Australia's Front Line 'CC'**  **\*\*New Episode\*\*** | PG | A man has arrived in the country without any clothes in his bag and only has random objects that could be the perfect hiding place for illegal goods. Bad karma lies ahead when a group of men say they are only here to worship the gods at a temple but there's evidence they have other plans for their stay in Australia. A specialised mobile unit is called in to investigate some suspicious material that has been seen on the x-ray machine. Narrated by |
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| 8:00PM | **The Force - Behind The Line 'CC'**  **\*\*New Episode\*\*** | PG | Police raid a drug fortress on Sydney's Northern Beaches after a well-known drug supplier, who's just gotten out of jail, appears to be up to his old tricks again. The Force's newest recruit, 'Police dog Rumble' is about to have his abilities tested. Then two officers are called to an out of the ordinary drink driving case. Hosted by SIMON REEVE. |
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| 8:40PM | **Downton Abbey 'CC'** | M | Has Bates finally realised that he will spend the rest of his life behind bars for Vera's murder or does he have something up his sleeve that will set him free? Isobel's well-intentioned efforts to assist others backfire resulting in anger and frustration. Violet finds herself having to play peacemaker as Robert and Cora have difficulties in their relationship. Meanwhile, the hot-headed Branson makes decisions which could cause him even more trouble, however he finds support from an unexpected corner. Starring HUGH BONNEVILLE, JESSICA BROWN FINDLAY, LAURA CARMICHAEL, JIM CARTER, BRENDAN COYLE, MICHELLE DOCKERY, SIOBHAN FINNERAN, JOANNE FROGGATT, THOMAS HOWES and ROB JAMES-COLLIER. |
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| 9:45PM | **Castle 'CC'**    **\*\*Double Episode\*\***  **\*\*Includes New Episode\*\*** | M  (V,A) | Under The Influence / Once Upon A Crime  When an up and coming DJ is killed at a pop star's album release party, Beckett and Castle must dive into the raucous world of New York's music industry. Then, when the investigation leads to a troubled teenager, Esposito takes the kid under his wing, hoping to put him on the right track before it's too late. Then, When women dressed as Disney characters are found dead in storylike circumstances, Castle and Beckett find themselves on a grim hunt to catch a fairytale killer. Starring NATHAN FILLION, STANA KATIC, TAMALA JONES, JON HUERTAS and SEAMUS DEVER. |
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| 11:40PM | **Law & Order: LA (R) 'CC'** | M | Angel's Knoll  Following a heated argument with his cousin, a casino worker is found brutally murdered in his hotel bathtub. However, after talking with the victim's girlfriend, they discover that more than one crime has been committed. Guest starring VICTOR GARBER. Also starring TERRENCE HOWARD, ALFRED MOLINA and COREY STOLL. |
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| 12:35AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 1:00AM | **Special (R)** | G | The Passion Of Spain - Part 1  Greg Grainger's visit to Spain features a wonderful mix of ancient Spanish traditions and the new vibrancy that has swept the country. |
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| 2:00AM | **Home Shopping** |  | Shopping program. |
| 3:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 4:00AM | **NBC Meet The Press 'CC'** |  | David Gregory interviews newsmakers from around the world. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Monday, March 18, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) (1986)** | PG  (A) | Love With A Perfect Stranger  A successful business woman is told by a fortune teller about the journey that will change her life, and there on the train, is tall, dark and handsome stranger. But is he the perfect stranger? Starring MARILU HENNER, DANIEL MASSEY, SKY DU MONT, STEPHEN GREIF, SHIRIN TAYLOR and ROBERT RIETTY. |
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| 2:00PM | **Dr Oz 'CC'** | PG | The 100 Foods Dr. Oz Wants In Your Shopping Cart  It's the only grocery list you'll ever need. Dr. Oz covers everything from produce to desserts to keep your kitchen stocked with these tasty and healthy foods. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | After two years in rehab, will these endangered turtles ever make it back to the ocean? Elsewhere, without his sight, Turnbull the Takahe won't survive in the wild. However, can vets mend his injured eye? |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Mother's Day Face-Off  Two Mother and daughter teams return to compete against each other for the ultimate Mothers Day prize - a million dollars. Hosted by GUY FIERI. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with Giaan Rooney updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. Hosted by Helen Kapalos. |

**Monday, March 18, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Rosie misconstrues Natalie's advice and insults Sasha in an attempt to reconcile their friendship, Casey doesn't have to go back to prison, and by aiding Casey's release, Zac loses his job. Meanwhile, Tamara decides to go back to school. Starring LINCOLN YOUNES. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | Tonight, the teams head to Australia's biggest race day, the Melbourne Cup, but it won't be all frocks and fascinators for our teams as they'll be cooking canapes for the prestigious Emirates Marquee's A-list guests. The team who wins best dish as voted by the guests will be safe from the next elimination. Hosted by PETE EVANS and MANU FEILDEL. |
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| 8:40PM | **Revenge 'CC'** | M | Penance  Things get complicated as Mason Treadwell delves further into Emily's past while Kara begins to unravel, putting the Graysons in her crosshairs. Starring EMILY VANCAMP, MADELEINE STOWE, HENRY CZERNY, JOSH BOWMAN, NICK WECHSLER, GABRIEL MANN, ASHLEY MADEKWE, CHRISTA B ALLEN, CONNOR PAOLO, BARRY SLOANE, ROGER BART, WENDY CREWSON, MICHAEL TRUCCO, DILSHAD VADSARIA, JR BOURNE and MARGARITA LEVIEVA and JENNIFER JASON LEIGH. |
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| 9:40PM | **How I Met Your Mother 'CC'**  **\*\*New Double Episode\*\*** | M | Band Or DJ? / Ring Up!  When Robin learns that Barney never asked her father's permission before proposing, she insists that he seek his approval before announcing their engagement. Meanwhile, Ted keeps his feelings concealed by throwing himself into planning their wedding. Then, Barney begs Ted to continue seeing his much younger, much wilder girlfriend, even though Ted has nothing in common with her. Meanwhile, Robin must adjust to the power of the bling. Starring JOSH RADNOR, JASON SEGEL, NEIL PATRICK HARRIS, COBIE SMULDERS, ALYSON HANNIGAN, RAY WISE and ASHLEY BENSON. |
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| 10:40PM | **Private Practice 'CC'**  **\*\*New Episode\*\*** | M | Good Grief  After hearing a patient's chilling confession, Violet turns to Sheldon for advice. Meanwhile, Addison tries to keep her grief a secret, Cooper and Charlotte adapt to their new reality and Sam confronts Sheldon about his denial. Starring KATE WALSH, BENJAMIN BRATT, KADEE STRICKLAND, PAUL ADELSTEIN, BRIAN BENBEN, CATERINA SCORSONE, GRIFFIN GLUCK and TAYE DIGGS. |
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| 11:40PM | **Happy Endings 'CC'**  **\*\*New Episode\*\*** | PG | The Marry Prankster  When the gang pranks Max into thinking he won a big lotto jackpot, he vows revenge when they least suspect it - everyone is dreading what might happen next. Alex decides to cut a deal with Max to avoid payback while Max's plotting gets in the way of the big event Penny's been waiting for, a proposal from Pete. Meanwhile, Brad gets a new job as a CFO, but Jane is not amused when she learns the title is Chief Fun Officer and that Brad is working at a kids' gym. Starring ELIZA COUPE, ELISHA CUTHBERT and ZACHARY KNIGHTON. |
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| 12:10AM | **Last Chance Learners (R) 'CC'** | PG | In this week's country driving challenge, the learners take a not-so- leisurely drive in the country - how will they cope with the very real farming hazards? Hosted by MIKE WHITNEY. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
| 3:30AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Tuesday, March 19, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) (2010)** | M  (V,A,S) | Held Hostage  A ruthless gang forces a mother to carry out a daring bank raid in this gripping thriller based on an incredible real life story. Starring JULIE BENZ, BRENDAN PENNY, NATASHA CALIS, TOM CAREY, MICHELLE HARRISON and JASON SCHOMBING. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Million Dollar You! How To Lose Weight And Win A Million  Looking like a million bucks begins with feeling like a million bucks. Make this the year you finally put yourself and your health first. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Natureland Park have a kidnapped monkey on their hands. Elsewhere, an albatross gets in a flap. Then, witness an identity crisis for Priscilla the lioness. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | The Family That Plays Together  The Canter family, led by parents Barry and Danielle along with their four girls Tori, Taylor, Brooke and Bailey try to win the million dollars. Hosted by GUY FIERI. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with Giaan Rooney updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. Hosted by Helen Kapalos. |

**Tuesday, March 19, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG | Romeo hires Heath full time. Gina is impressed with Sasha's efforts towards the petition and Tamara agrees to let Kyle tutor her. Meanwhile, Gina and John tell Jett that they want to adopt him. Starring SONIA TODD, SHANE WITHINGTON, LUKE MITCHELL and DAN EWING. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | The public has voted via social media and the four ingredients for the rapid cook-off have been decided. But the teams must decide among themselves who gets which ingredients. The bottom four teams will then have the opportunity to cook with their own favourite ingredient to impress the judges and avoid the sudden death cook-off. Hosted by PETE EVANS and MANU FEILDEL. |
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| 9:00PM | **Packed To The Rafters 'CC'** | PG  (V) | Got What It Takes  Dave is determined to take his business to the next level, beginning with his new contract with Duncan. But when Duncan's wandering eye puts him on a collision course with Coby, does Dave have what it takes to stop the impact? Meanwhile, Frankie's not impressed with Coby's seeming lack of maturity, starting with his inability to let go of his rage over Duncan's pass at her. How much more will Frankie be able to put up with? Starring REBECCA GIBNEY, ERIK THOMSON, MICHAEL CATON, GEORGE HOUVARDAS, JAMES STEWART, RYAN CORR, HANNAH MARSHALL, MERRIDY EASTMAN, ZOE CRAMOND, JACOB ALLAN, BROOKE SATCHWELL and MARK LEE. |
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| 10:00PM | **Parenthood 'CC'**  **\*\*New Double Episode\*\*** | PG  (A) | What To My Wondering Eyes / Keep On Rowing  Adam and Kristina experience a health scare while Crosby and Jasmine celebrate their first family Christmas together. Sarah is torn between her feelings for Mark and her evolving relationship with Hank. Then, Kristina surprises Adam with a new look and a spontaneous night on the town. Sarah and Hank experience an interesting evening together. Starring PETER KRAUSE, LAUREN GRAHAM, DAX SHEPARD, MONICA POTTER, ERIKA CHRISTENSEN, SAM JAEGER, SAVANNAH PAIGE RAE, JOY BRYANT, TYREE BROWN, CRAIG T NELSON, MAX BURKHOLDER, MILES HEIZER, MAE WHITMAN, BONNIE BEDELIA, XOLO MARIDUENA, RAY ROMANO, MATT LAURIA, JASON RITTER and TINA LIFFORD. |
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| 12:00AM | **Special (R)** | G | Ningaloo - Where Ocean Giants Meet  Journey to one of the world's most untapped natural wonders, Ningaloo Reef, Western Australia's largest coral reef and marine park. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Wednesday, March 20, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) 'CC' (1995)** | M  (S,L,V) | Schemes  Paul, a middle-aged architect, loses his wife in an accident and is comforted by his best friend's wife. However, her affections are not as innocent as they seem - unknown to Paul. Starring JAMES MCCAFFREY, LESLIE HOPE, JOHN GLOVER, POLLY DRAPER, JOHN DE LANCIE, DEBRA MOONEY, GEORGE WALLACE and ALLISON MACKIE. |
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| 2:00PM | **Dr Oz 'CC'** | PG | Why Your Doctor Thinks You're Crazy! Is Your Chronic Pain A  New discoveries in the field of pain management suggest that chronic pain is an actual disease. Dr. Oz explores why doctors dismiss patients with pain and what you can do to get relief. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Katja gives birth to two babies in one extraordinary day. Then, there is trouble in paradise for the lions. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Million Dollar Redemption Part 2  Heather Santora-Baker, from Detroit, takes a shot at winning the top prize. Hosted by GUY FIERI. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with Giaan Rooney updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. Hosted by Helen Kapalos. |

**Wednesday, March 20, 2013**

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| 7:00PM | **Home and Away 'CC'** | PG  (A) | Brax lays down the law in the Braxton household, and defines some boundaries of his own. After spending time with Harvey and Spencer, Jett realises that adoption may be a good idea. Meanwhile, a down and out Liam is supported by Romeo. Starring AXLE WHITEHEAD, LUKE MITCHELL, STEVE PEACOCKE and MARCUS GRAHAM. |
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| 7:30PM | **My Kitchen Rules 'CC'** | PG | It's elimination night at Kitchen Headquarters and the pressure is mounting as two teams battle for survival while trying to impress judges Colin Fassnidge, Guy Grossi, Karen Martini and Liz Egan, as well as Pete and Manu. Who will be going home? |
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| 8:40PM | **Last Resort 'CC'**  **\*\*New Double Episode\*\*** | M  (V,A) | Big Chicken Dinner / Cinderella Liberty  Grace is haunted by an event from her past as a food shortage threatens the stability on Sainte Marina. A terrible crime turns islanders against the crew of the Colorado while Sam continues his dangerous game with CIA agent Booth. Back at home Christine and Kylie take their own risks as they attempt to get Christine to the island. Then, the crew of the Colorado waits for a goodwill visit from their families, a visit that will soon turn into a nightmare as Marcus must consider the unthinkable once again. Starring SCOTT SPEEDMAN, CAMILLE DE PAZZIS, DAISY BETTS, DANIEL LISSING, DICHEN LACHMAN, SAHR NGAUJAH, JESSY SCHRAM, ANDRE BRAUGHER and AUTUMN REESER and ROBERT PATRICK. |
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| 10:30PM | **World's Wildest Police Videos 'CC'**  **\*\*New Episode\*\*** | M  (V) | Israeli guards take on a terrorist in a vicious alleyway shootout, a half-nakedjunkie swipes a police SUV and tears up traffic, and a stir-crazy prisoner takes a head-first dive from his top bunk into his toilet! |
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| 11:30PM | **I Shouldn't Be Alive 'CC'**  **\*\*New Episode\*\*** | PG | Left For Dead On Everest  Relive the death-defying ordeals of people who have kept themselves alive at the edge of human endurance. |
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| 12:30AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 3:30AM | **Room For Improvement (R) 'CC'** | G | The team create a fantastic home office for a budding horror writer banished to a grungy garage. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Thursday, March 21, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) 'CC'** | M  (A) | About Sarah  A family struggles to maintain their structure as a disabled woman finally gains her independence. Starring KELLIE MARTIN, MARY STEENBURGEN, DIANE BAKER, MARION ROSS and ANTHONY COWLEY. |
|  |  |  |  |
| 2:00PM | **Dr Oz 'CC'** | M  (S) | How To Turn Back The Clock For Your Best Sex Ever!  A number of health professionals join Dr Oz for a discussion on how your sexual organs age. Then, Dr Oz holds a Health Court to settle dispute between a couple. |
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| 3:00PM | **Wild Vets (R) 'CC'** | G | Kate finds sea lions in a forest. Elsewhere, a tiny monkey causes big trouble for Mike, and at Wellington zoo, Lisa releases a wild animal. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Jackass In The Circle  The stars of Jackass, Steve-O and Dunn, team up to play for their respective charities National Down Syndrome Congress and The Teammates for Kids Foundation. Hosted by GUY FIERI. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Peter Mitchell presents today's news with Giaan Rooney updating the weather. Sport is with Sandy Roberts. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. Hosted by Helen Kapalos. |

**Thursday, March 21, 2013**

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| 7:00PM | **Home and Away** |  | With her relationship under pressure, Natalie finally cuts ties with the  Braxtons. After conflicting advice from Roo and Harvey, Maddy and  Spencer develop opposing views on sex. Meanwhile, April struggles with her OCD, but Sid warns that she and Dex should spend time apart. Starring GEORGIE PARKER, AXLE WHITEHEAD, LUKE MITCHELL, STEVE PEACOCKE and MARCUS GRAHAM. |
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| 7:30PM | **Program T.B.A.** |  |  |
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| 8:30PM | **Bones 'CC'**  **\*\*New Double Episode\*\*** | M  (V,A) | The Doll In The Derby / The Shot In The Dark  Brennan and Booth investigate the death of a female roller derby skater whose body was dismembered. In order to get more answers, they enlist Angie to go undercover as a derby skater. Meanwhile, Cam tries to uncover the details behind Booth's secretive hospital appointments. Then, Brennan is shot while working late at the lab and is rushed to the hospital in critical condition. While at the hospital, she struggles with visions of her mother that defy her usual logic. Starring EMILY DESCHANEL, DAVID BOREANAZ, T J THYNE, MICHAELA CONLIN, TAMARA TAYLOR, JOHN FRANCIS DALEY, MICHAEL GRANT TERRY, SYDELLE NOEL, BRAD CARTER, SUZANNE QUAST, LARRY POINDEXTER, CEDRIC SANDERS, ARY KATZ, TAMLYN TOMITA, RYAN O'NEAL, DANIELLE PANABAKER, EUGENE BYRD, BROOKE LANGTON, RICHARD AUGUSTINE, ESTELLA GABRIEL, DAVID KAGEN and HARRY VAN GORKUM and JONATHAN RUNYON. |
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| 10:30PM | **Castle (R) 'CC'** | M | A Death Dance  When Odette Morton, a contestant on the hit dancing competition show is found murdered in her dressing room, Castle and Beckett must navigate the cases many twists and twirls without stepping on each other's toes. But as they delve into Odette's past, they discover that this reality starlet was harboring a shocking secret that may have led to her death. Starring NATHAN FILLION, STANA KATIC, SUSAN SULLIVAN, MOLLY QUINN, PENNY JOHNSON, TAMALA JONES, JON HUERTAS, SEAMUS DEVER, ADAM HARRINGTON, LAURALEE BELL and ERIN CHAMBERS and TIM RANSOM. |
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| 11:30PM | **The Suspects - True Australian Thrillers (R) 'CC'** | M | Some of Australia's most intriguing investigations are put under the microscope with viewers having the chance to play detective. Tonight, a young couple mysteriously disappear after a romantic picnic in La Trobe Valley and a gruesome discovery in Sydney's Blue Mountains has detectives baffled. Hosted by Roy Billing. |
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| 12:30AM | **Last Chance Learners (R) 'CC'** | PG | This week's city driving challenge proves all too much for one relationship. Will a change of attitude see David through his driving test? Hosted by MIKE WHITNEY. |
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| 1:00AM | **Home Shopping** |  | Shopping program. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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| 5:00AM | **Sunrise Extra 'CC'** |  | Bringing you the best moments of your mornings with the Sunrise team. |
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| 5:30AM | **Seven Early News 'CC'** |  | Natalie Barr and Mark Beretta present the latest news, sport and weather from around Australia and overseas. |

**Friday, March 22, 2013**

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| 6:00AM | **Sunrise 'CC'** |  | Wake up to a better breakfast with Melissa Doyle and David Koch for all the latest news, sport and weather. |
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| 9:00AM | **The Morning Show 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this year, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 11:30AM | **Seven Morning News 'CC'** |  | The latest news from around Australia and overseas. Presented by Ann Sanders. |
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| 12:00PM | **The Midday Movie (R) 'CC' (1987)** | M  (S,L,V) | Stakeout  Two wisecracking cops assigned to a routine stakeout end up being anything but routine when one falls in love. Starring RICHARD DREYFUSS, EMILIO ESTEVEZ, MADELEINE STOWE, AIDAN QUINN, DAN LAURIA, FOREST WHITAKER, IAN TRACEY, EARL BILLINGS and JACKSON DAVIES. |
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| 2:30PM | **Dr Oz 'CC'** | PG  (A,H) | Near Death Experiences: Are They Real?  Hear personal stories of patients who have had near death experiences and watch as Dr. Oz shares an intimate story that forever changed the way he views life and death. |
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| 3:30PM | **Minute To Win It (R) 'CC'** | G | Soul Sisters  Two close friends come together to try and win a million dollars. They begin with 'Nice Build' where they must work together to build a three level pyramid of 15 paper reams on a table. Hosted by GUY FIERI. |
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| 4:30PM | **Seven News At 4.30 'CC'** |  | The latest news, sport and weather from around Australia and overseas. |
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| 5:30PM | **Deal Or No Deal 'CC'** | G | Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather, with Tim Watson reporting on all the latest sports news. |
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| 6:30PM | **Today Tonight 'CC'** |  | The latest news and current social issues presented by a team of reporters. Hosted by Helen Kapalos. |

**Friday, March 22, 2013**

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| 7:00PM | **Program T.B.A.** |  |  |
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| 8:30PM | **2013 AFL Premiership Season 'CC'** |  | Rnd 1: Adelaide v Essendon  After a tumultuous off season for both clubs, with a drug investigation at the Bombers and a draft and salary cap scandal at the Crows, both clubs will be keener than ever to kick a ball in anger. Hosted by BRUCE MCAVANEY, with commentary from DENNIS COMETTI, LEIGH MATTHEWS, TOM HARLEY, TIM WATSON and MATTHEW RICHARDSON. |
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| 12:00AM | **The Late Movie (R) (2007)** | AV  (V,D,L) | We Own The Night  A nightclub manager has only one night to save his cop father and brother who are next on the hit list. Starring JOAQUIN PHOENIX, EVA MENDES, DANNY HOCH, ALEX VEADOV, OLEG TAKTAROV, DOMINIC COLON, MARK WAHLBERG, MAGGIE KILEY and ROBERT DUVALL. |
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| 2:25AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 3:00AM | **Home Shopping** |  | Shopping program. |
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| 4:00AM | **NBC Today 'CC'** |  | International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |
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**Saturday, March 23, 2013**

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| 6:00AM | **Saturday Disney 'CC'** | G | Great fun and entertainment including your favourite Disney shows. Hosted by SHAE BREWSTER, CANDICE DIXON and NATHAN MORGAN. |
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| 7:00AM | **Weekend Sunrise 'CC'** |  | Wake up to a better breakfast with Andrew O'Keefe and Samantha Armytage for all the latest news, sport and weather. |
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| 10:00AM | **The Morning Show - Weekend 'CC'** | PG | Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news, entertainment and other hot topics. |
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| 12:00PM | **Dr Oz (R) 'CC'** | PG | Dr. Oz's 11 Weeks To Move It And Lose It  Dr. Oz and Nike have joined together to provide you with the tools you need to succeed in a complete nutrition, exercise and coaching program created specifically for you to lose the weight and keep it off. |
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| 1:00PM | **That '70s Show (R) 'CC'** | PG | Grandma's Dead  While driving his mean grandmother home, Eric gets up the nerve to tell her that being nice won't kill her, with astounding results. Starring TOPHER GRACE, MILA KUNIS, ASHTON KUTCHER, DANNY MASTERSON, LAURA PREPON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS, DON STARK, WILMER VALDERRAMA, MARION ROSS, LISA ROBIN KELLY, PAT SKIPPER, BUCKLEY, JESSICA MEYERSON, KEVIN MCCLATCHY, MARY PAT DOWHY and EARL BULLOCK. |
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| 1:30PM | **Saturday Afternoon Movie (2009)** | G | Tinker Bell And The Lost Treasure  Tinker Bell and her friends work together to create a magical sceptre that will ensure the world's supply of fairy dust does not run out. Starring JESSE MCCARTNEY, KRISTIN CHENOWETH, RAVEN-SYMONE, MAE WHITMAN, LUCY LIU and ANJELICA HUSTON and JOHN DI MAGGIO. |
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| 3:00PM | **Saturday Afternoon Movie (2011)**  **\*\*Premiere\*\*** | PG  (V) | The Suite Life Movie  Zack and Code embark on a journey to the Gemini Project, a high-tech research centre studying the dynamics between twins, and agree to stay on its campus for the week. There, the boys find themselves interconnected like never before: when one twin experiences a sensation, thought or feeling, the other twin feels it too. Their feelings become more and more real, causing tension between the brothers that they do not understand. Though the twins are very different, they soon become more alike than ever and strange occurrences make them resolve to work together to uncover the truth about the Gemini Project. Starring COLE SPROUSE, DYLAN SPROUSE, BRENDA SONG, DEBBY RYAN, PHILL LEWIS, MATTHEW TIMMONS, JOHN DUCEY, MATTHEW GLAVE, KATELYN PACITTO and KARA PACITTO. |
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| 5:00PM | **Destination Ski (R)** | G | Wanaka  Go skiing and riding around Wanaka, set against the pristine alpine backdrop of Mount Aspiring National Park at the foot of the Southern Alps. Experience Snowpark, a freestyle playground for skiiers and snowboarders alike. Then, head off to Lime Tree Lodge for some luxury accommodation and Heli Sking. Hosted by KATRINA HOBBS. |
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| 5:30PM | **Peter Mitchell's Melbourne: Our Life and Times 'CC'** | G | Join Peter Mitchell as he explores many of Melbourne's great heritage buildings, locations, and discovers untold stories and secrets about the history of this great city. |
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| 6:00PM | **Seven News 'CC'** |  | Jennifer Keyte presents today's news and weather, with Tim Watson reporting on all the latest sports news. |

**Saturday, March 23, 2013**

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| 6:30PM | **Family Movie Special** |  | Details TBA |
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| 8:30PM | **The Saturday Movie** |  | Details TBA |
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| 12:35AM | **The Late Movie (R) (2010)** | MA  (S,D) | Greenberg  Roger Greenberg is single, fortyish and deliberately doing nothing. In an attempt to restart his life, he agrees to housesit for his brother in LA where things start falling into place. Starring BEN STILLER, GRETA GERWIG, RHYS IFANS, JENNIFER JASON LEIGH, BRIE LARSON, JUNO TEMPLE, CHRIS MESSINA, SUSAN TRAYLOR and MERRITT WEVER. |
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| 2:50AM | **Harry's Practice (R) 'CC'** | G | Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. |
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| 3:30AM | **It Is Written Oceania** | PG | Mary Jones' Bible  A Religious Program. |
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| 4:00AM | **Home Shopping** |  | Shopping program. |
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| 5:00AM | **That '70s Show (R) 'CC'**  **\*\* Double episode \*\*** | PG | That '70S Musical / Eric's False Alarm  Fez is devastated when he thinks the gang isn't coming to see his musical performance. Meanwhile, Eric is upset when he learns from Fez that Casey and Donna are going to a motel. Starring TOPHER GRACE, LAURA PREPON, ASHTON KUTCHER, MILA KUNIS, WILMER VALDERRAMA, DANNY MASTERSON, DEBRA JO RUPP, KURTWOOD SMITH, TANYA ROBERTS, DON STARK and ROGER DALTREY. |
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