

PILIHAN FM PROGRAMMES (ENGLISH): 14 SEPTEMBER - 20 SEPTEMBER 2020

Day/Time	Monday (14/09/2020)	Tuesday (15/09/2020)	Wednesday (16/09/2020)	Thursday (17/09/2020)	Friday (18/09/2020)	Saturday (19/09/2020)	Sunday (20/09/2020)
6.00am-8.59am	MORNING JAM (Daily) [Producer: Frankie Chan]						
6.50am	World of Sports (Live)						
7.00am	Daily Diary (Live)						
7.03am	Just A Minute <i>(Topic: Plants)</i>	Just A Minute <i>(Topic: Birds)</i>	Just A Minute <i>(Topic: Reptiles)</i>	Just A Minute <i>(Topic: Amphibians)</i>		Just A Minute <i>(Topic: Pushes and Pulls of Everyday Life)</i>	
7.15am		Cybersafe with BruCert <i>(Topic: Identity Theft Warning Signs)</i>		Cybersafe with BruCert <i>(Topic: How To Spot A Scam Instagram Account)</i>			
7.30am	MAIN NEWS BULLETIN [15 mins]						
8.00am	Fitness <i>(Topic: Nutrition Advice Part 2)</i>	Know Our Brunei <i>(Topic: Origin of Brunei - Part 2)</i>		In The Movies (Recorded)		New This Week [New Releases] (Rec)	
8.05am		Fun Facts! (Live)					
8.20am	Celebrities Birthday Today! (Live)						
8.25am	Today In Music History (Live)						
9.00am-10.59am	MANDARIN PROGRAMMES (Daily)						
11.00am-1.59pm	ONE-ONE-TWO (Mon-Fri) [Producer: Izah Bakar]					WEEKEND 959 Part I (Sat-Sun) [Producer: Frankie Chan]	
11.10am	On The Menu <i>(Recipe: Vegetarian Chickpea Sandwich Filling)</i>	On The Menu <i>(Recipe: Green Beans with Cherry Tomatoes)</i>	On The Menu <i>(Recipe: Fried Cabbage)</i>	On The Menu <i>(Recipe: Homemade Crispy Seasoned French Fries)</i>	On The Menu <i>(Recipe: Salsa Chicken Burrito Filling)</i>		
11.15am						UK Top 10 Singles Chart (Recorded)	Sawadee Thailand <i>(Topic: Samui)</i>

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11.30am	Double Play (Featuring: Blackbear)	Interview Slot	Housekeeping Tips & Tricks (Topic: Keeping A Home Clean: Worry More About The Kitchen Than The Bathroom)	Interview Slot			What's On (Live)
11.45am		Parenting 101 (Topic: The Benefits of Learning Music)		Health Talk (Topic: Nutrition and Exercise)		Interview Slot	
12.00nn	ASEAN NEWS [3 mins]						
12.30pm						Thinking Green (Topic: Plastic Pollution and Its Impact)	Rules 360 (Topic: Use Praise Wisely)
Floating / 12.40pm	What's On (Live)					What's On (Live)	
12.45pm		Thinking Green (Topic: Plastic Pollution and Its Impact)	Cybersafe with BruCert (Topic: Identity Theft Warning Signs)			Cybersafe with BruCert (Topic: How To Spot A Scam Instagram Account)	
1.00pm	MAIN NEWS BULLETIN [15 mins]						
1.30pm						Fitness (Topic: Nutrition Advice Part 2)	
1.45pm					Glimpse of Islam (Recorded)		
1.50pm	Brain Teasers (Live)						
2.00pm	BUSINESS & ECONOMY NEWS [3mins]						
2.03pm-3.59pm	PILIHAN GOLDIES (Mon-Fri)					WEEKEND 959 Part II (Sat-Sun) [Producer: Frankie Chan]	
2.03pm						Just For You [Dedication Slot] (Live)	

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2.30pm	Just A Minute <i>(Topic: Plants)</i>	Just A Minute <i>(Topic: Birds)</i>	Just A Minute <i>(Topic: Reptiles)</i>	Just A Minute <i>(Topic: Amphibians)</i>	Parenting 101 <i>(Topic: The Benefits of Learning Music)</i>	Just A Minute <i>(Topic: Pushes and Pulls of Everyday Life)</i>	What's On (Live)
3.00pm						GURKHALI PROGRAMMES	New This Week [New Releases] (Rec)
3.00pm-3.59pm							
4.00pm-6.59pm	MANDARIN PROGRAMMES (Daily)						
7.00pm-7.59pm	GURKHALI PROGRAMMES (Daily)						
8.00pm-10.29pm	NIGHT SCOPE (Daily)						
8.30pm				Glimpse of Islam (Recorded)		Know Our Brunei <i>(Topic: Origin of Brunei - Part 3)</i>	
9.00pm	MAIN NEWS BULLETIN [15 mins]						
10.00pm	SPORTS NEWS [3 mins]						
10.30pm-5.59am	INFO TRACKS (Daily)						
Note:	NIL						