

PILIHAN FM PROGRAMMES (ENGLISH): 06 JULY - 12 JULY 2020 [Revised]

Day/Time	Monday (06/07/2020)	Tuesday (07/07/2020)	Wednesday (08/07/2020)	Thursday (09/07/2020)	Friday (10/07/2020)	Saturday (11/07/2020)	Sunday (12/07/2020)
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: Creepy Crawlies)</i>	Just A Minute <i>(Topic: Defying Gravity, Magnetism)</i>	Just A Minute <i>(Topic: Solar System)</i>	Just A Minute <i>(Topic: How Big Is The Solar System)</i>		Just A Minute <i>(Topic: The Moon)</i>	
7.20am		Cybersafe with BruCert <i>(Topic: Tech Support Scam)</i>		Cybersafe with BruCert <i>(Topic: Camfecting)</i>			
7.30am	MAIN NEWS BULLETIN [15 mins]						
7.45am				HM74 Birthday Songs + Slogans			
8.00am			HM74 Flag Raising Ceremony at YSHHB (Reporters: Allen & Xiu Wen) - TBC	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies
8.10am	Fitness <i>(Topic: Strength Training - How Often)</i>	Fun Facts! (Live)		In The Movies (Recorded) - Pending		New This Week [New Releases] (Rec)	
8.20am	Celebrities Birthday Today! (Live)			Celebrities Birthday Today! (Live)			
8.25am	Today In Music History (Live)			Today In Music History (Live)			
8.45am				HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature
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: Shrimp Primavera with Sun-Dried Tomatoes)</i>	On The Menu <i>(Recipe: Buffalo Chicken Dip)</i>	On The Menu <i>(Recipe: Iced Pumpkin Cookies)</i>	On The Menu <i>(Recipe: Curried Coconut Chicken)</i>	On The Menu <i>(Recipe: Jalapeno Popper Spread)</i>		

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11.15am						UK Top 10 Singles Chart (Recorded)	Thailand In Focus (Topic: Covid-19 Control Measures at Thailand's International Airport)
11.30am	Double Play (Featuring: Blackpink)	Interview Slot	Housekeeping Tips & Tricks (Topic: How to Prevent Tarnish)	Interview Slot			What's On (Live)
11.45am		Parenting 101 (Topic: The Prevention of Hand Foot and Mouth Disease (HFMD) & What To Do If Your Child Is Infected)		Health Talk (Topic: What are the Types of Services Provided by Physiotherapy Services in Brunei Darussalam)		Interview Slot	
12.00nn	ASEAN NEWS [3 mins]						
12.30pm						Thinking Green (Topic: Thrifting)	Rules 360 (Topic: Parents Are People Too)
Floating / 12.40pm	What's On (Live)					What's On (Live)	
12.45pm		Thinking Green (Topic: Thrifting)	Cybersafe with BruCert (Topic: Tech Support Scam)			Cybersafe with BruCert (Topic: Camfecting)	
1.00am	MAIN NEWS BULLETIN [15 mins]						
1.15pm	HM74 Birthday Songs + Slogans						
1.30pm					Glimpse of Islam (Recorded)	Fitness (Topic: Strength Training - How Often)	

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1.45pm	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	
2.00pm	<i>BUSINESS & ECONOMY NEWS [3mins]</i>							
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)		
2.30pm	Just A Minute (Topic: Creepy Crawlies)	Just A Minute (Topic: Defying Gravity, Magnetism)	Just A Minute (Topic: Solar System)	Just A Minute (Topic: How Big Is The Solar System)	Parenting 101 (Topic: The Prevention of Hand Foot and Mouth Disease (HFMD) & What To Do If Your Child Is Infected)	Just A Minute (Topic: The Moon)	What's On (Live)	
2.45pm	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	HM74 Special Programme: HM74 Special Feature	
3.00pm							New This Week [New Releases] (Rec)	
3.00pm-3.59pm						GURKHALI PROGRAMMES		
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)				
9.00pm	<i>MAIN NEWS BULLETIN [15 mins]</i>							
9.15pm			<i>HM74 Birthday Songs + Slogans</i>					
9.30pm			HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	HM74 Special Programme: Golden Legacies	

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10.00pm	<i>SPORTS NEWS [3 mins]</i>						
10.30pm-5.59am	INFO TRACKS (Daily)						
Note:	HM74 Vox Pop throughout the day (08-22 July 2020) / Language Song throughout the day in conjunction with Language Month (01-31 July 2020)						