

What To Watch This Week (January 4–10, 2026)

Sunday, January 4

- 7:00 p.m. – Critics Choice Awards (E! and USA Network)
- 8:00 p.m. – America's Funniest Home Videos returns (ABC)
- 8:00 p.m. – Home Town Season 10 (HGTV)
- 8:00 p.m. – When Calls the Heart Season 13 (Hallmark Channel)
- 8:00 p.m. – Worst Cooks in America Season 30 (Food Network)

Monday, January 5

- Streaming – My Life Is Murder Season 5 (Acorn TV)
- 8:00 p.m. – Antiques Roadshow Season 30 (PBS)
- 8:00 p.m. – Baking Championship: Next Gen (Food Network)
- 8:00 p.m. – St. Denis Medical Season 2 returns (NBC)
- 9:00 p.m. – The Wall Season 6 (NBC)
- 10:00 p.m. – Brilliant Minds returns (NBC)

Tuesday, January 6

- 8:00 p.m. – Will Trent Season 4 (ABC)
- 8:00 p.m. – Moonshiners Season 15 (Discovery)
- 8:00 p.m. – Finding Your Roots Season 12 (PBS)
- 8:00 p.m. – Best Medicine (FOX, new series)
- 9:00 p.m. – High Potential returns (ABC)
- 9:00 p.m. – Doc returns (FOX)
- 9:00 p.m. – The Cult Behind the Killer: The Andrea Yates Story (ID)
- 10:00 p.m. – The Rookie Season 8 (ABC)

Wednesday, January 7

[Streaming – Beast Games Season 2 \(Prime Video\)](#)

- Streaming – Unlocked: A Jail Experiment Season 2 (Netflix)
- Streaming – The Ms. Pat Show Season 5 (BET+)
- Streaming – Tron: Ares (Disney+)
- 8:00 p.m. – Alaska State Troopers Season 9 (A&E;)
- 8:00 p.m. – Chicago Med returns (NBC)
- 8:00 p.m. – Hollywood Squares returns (CBS)
- 8:00 p.m. – The Masked Singer Season 14 (FOX)
- 8:00 p.m. – Shifting Gears returns (ABC)
- 8:00 p.m. – Ugliest House in America Season 7 (HGTV)
- 8:30 p.m. – Abbott Elementary returns (ABC)
- 9:00 p.m. – Chicago Fire returns (NBC)
- 9:00 p.m. – The Price Is Right at Night Season 6 (CBS)
- 9:00 p.m. – Sistas Season 10 (BET)
- 9:00 p.m. – My Strange Addiction returns (TLC)
- 10:00 p.m. – Chicago P.D. returns (NBC)
- 10:00 p.m. – Harlan Coben's Final Twist (CBS)
- 10:00 p.m. – Shark Tank returns (ABC)

Thursday, January 8

- Streaming – The Game (BritBox)
- [Streaming – Girl Taken \(Paramount+\)](#)
- Streaming – His & Hers (Netflix)
- 8:00 p.m. – Law & Order returns (NBC)

8:00 p.m. – 9-1-1 returns (ABC)
9:00 p.m. – Law & Order: SVU returns (NBC)
9:00 p.m. – The Pitt Season 2 (HBO Max)
9:00 p.m. – 9-1-1: Nashville returns (ABC)
9:00 p.m. – The Traitors Season 4 (Peacock)
9:00 p.m. – The Valley: Persian Style (Bravo)
10:00 p.m. – Grey’s Anatomy returns (ABC)
10:00 p.m. – The Hunting Party Season 2 (NBC)

Friday, January 9

[Streaming – Tehran Season 3 \(Apple TV\)](#)

Streaming – A Thousand Blows Season 2 (Hulu)
Streaming – People We Meet on Vacation (Netflix)
Streaming – The Tale of Silyan (Disney+)
Streaming – Theme Song Takeover Season 5 (Disney+)
[Streaming – Coldwater \(Paramount+ with Showtime\)](#)
8:00 p.m. – Celebrity Wheel of Fortune returns (ABC)

Saturday, January 10

9:00 p.m. – Maxxed Out new docuseries (OWN)

Also In Theaters This Week (January 9)

Primate
Greenland 2: Migration

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