

# 三藩市(翡翠台)有線電視簡介

## SF Cable (TVB) Introduction

### 頻道簡介

**翡翠台**，是三藩市地區的專屬電視綜合頻道，節目內容函蓋熱門劇集、經典劇集、香港、北美和世界各地的每日新聞、以及各種訪談節目等。

(語言：廣東話；字幕：繁體中文)



### Channel Introduction

**Jade Channel** is a general entertainment channel especially tailored for the San Francisco area. It features the popular dramas, classic dramas, daily news from Hong Kong, the United States, and around the world, as well as various talk shows.

(Language: Cantonese;  
Subtitle: Traditional Chinese)





西岸	星期一至五	日期開始	西岸	星期六	日期開始	西岸	星期日	日期開始
6:00 AM	東張西望(重播)		6:00 AM	東張西望(重播)		6:00 AM	東張西望(重播)	
6:30	香港, 國際新聞		6:30	香港, 國際新聞				
8:30	流行都市					6:30	香港, 國際新聞	
9:15	一馬當先行大運(重播)		9:00	冲遊泰國		9:00	呢錢	
	攻你上大學(重播)	3/3						
	他們的澳洲駕期(重播)	3/17	9:30	LAW霸女神		9:30	地球大神秘	
	轟炸味蕾的廚房(重播)	3/31		醫美直擊 首爾篇	3/14			
9:45	處境喜劇(重播): . 愛·回家之開心速遞		10:00	周六聊Teen谷		10:00	身體最誠實 同屋企人去旅行	3/22
10:15	星期一 今日有樓睇		10:30	美食新聞周報		10:30	非洲潮什麼	
	星期二 新聞掙錢		11:00	瑞士潮什麼		11:00	直播靈接觸	
	星期三 今日有樓睇		11:30	新聞透視				
	星期四 樓計專家		12:00 PM	香港, 國際新聞		12:00 PM	香港, 國際新聞	
	星期五 今日有樓睇		12:30	最強生命線		12:30	講清講楚	
10:45	娛樂新聞報道		1:00	大步走		1:00	大步走	
11:15	劇集: . 臥底嬌娃 . TBA	3/30	2:00	解風東京2		2:00	星期日檔案	
12:15 PM	香港, 國際新聞		2:30	LAW霸女神(重播) 醫美直擊 首爾篇(重播)	3/14	2:30	早D知早D醫	
12:45	精選劇場: . 陀槍師姐2021 . 荷里活有個大老千	3/23	3:00	冲遊泰國(重播)		3:00	呢錢(重播)	
1:40	流行都市		3:30	娛樂新聞報道		3:30	愛心改造家 香港系列之細間始終你好	3/15
2:25	東張西望		4:00	Hands Up		4:00	Hands Up	
2:50	劇集: . 歡樂茶飯 . 機智女法醫2	3/31	4:30	瑞士潮什麼(重播)		4:30	非洲潮什麼(重播)	
3:45	處境喜劇: . 愛·回家之開心速遞		5:00	周六聊Teen谷(重播)		5:00	地球大神秘(重播)	
4:15	Hands Up		5:30	最強生命線(重播)		5:30	身體最誠實(重播) 同屋企人去旅行(重播)	3/22
4:45	娛樂新聞報道(重播)		6:00	新聞透視(重播)		6:00	呢錢(重播)	
5:15	攻你上大學	3/2	6:30	美食新聞周報(重播)		6:30	財經透視	
	他們的澳洲駕期	3/16	7:00	香港, 國際晚間新聞		7:00	香港, 國際晚間新聞	
	轟炸味蕾的廚房	3/30	7:30	冲遊泰國(重播)(3/21 暫停) 博愛歡樂傳萬家(唯3/21 7:30pm-9:30pm)		7:30	愛心改造家(重播) 香港系列之細間始終你好(重播)	3/15
5:45	INFO/ 時事資訊		8:00	娛樂新聞報道(重播)(3/21 暫停)		8:00	星期日檔案(重播)	
6:00	翡翠劇場: . BB來了 . 降魔的	3/13	8:30	唱錢(3/21 暫停)		8:30	中年好聲音4	
7:00	美加新聞		9:30	健康Tick Talk		10:30	奇情谷	
7:30	處境喜劇:(重播) . 愛·回家之開心速遞		9:45	一周星星		11:30	東張西望	
8:00	劇集:(重播) . 臥底嬌娃 . TBA	3/30	10:30	解風東京2(重播)				
9:00	星期一 今日有樓睇(重播)		11:00	LAW霸女神(重播) 醫美直擊 首爾篇(重播)	3/14			
	星期二 新聞掙錢(重播)							
	星期三 今日有樓睇(重播)							
	星期四 樓計專家(重播)							
	星期五 今日有樓睇(重播)							
9:30	香港, 國際晚間新聞		11:30	東張西望				
10:00	黃金劇場: . 歡樂茶飯 . 機智女法醫2	3/31						
11:00	攻你上大學(重播) 他們的澳洲駕期(重播) 轟炸味蕾的廚房(重播)	3/2 3/16 3/30						
11:30	東張西望(重播)							
西岸	星期二至六	日期開始	西岸	星期日	日期開始	西岸	星期一	日期開始
12:00 AM	香港·國際午間新聞		12:00 AM	香港·國際午間新聞		12:00 AM	香港·國際午間新聞	
12:30	精選劇場(重播): . 陀槍師姐2021 . 荷里活有個大老千	3/24	12:30	最強生命線(重播)		12:30	地球大神秘(重播) 早D知早D醫(重播)	
1:20	美加新聞(重播)		1:00	一周星星(重播)(3/22 暫停)		1:00	娛樂新聞報道	
1:45	劇集(重播): . 臥底嬌娃 . TBA	3/31	1:45	娛樂新聞報道(重播)		2:00	財經透視(重播)	
2:35	娛樂新聞報道(重播)		2:00	新聞透視(重播)(3/8 暫停)		2:30	星期日檔案(重播)	
3:00	香港·國際午間新聞(重播)		2:30	美食新聞周報(重播)(3/8 暫停)		3:00	身體最誠實(重播) 同屋企人去旅行(重播)	3/23
3:25	翡翠劇場(重播) . BB來了 . 降魔的	3/14	3:00	瑞士潮什麼(重播)		3:25	呢錢(重播)	
4:15	處境喜劇:(重播) . 愛·回家之開心速遞		3:25	周六聊Teen谷(重播)		3:50	香港 國際午間新聞(重播)	
4:40	劇集(重播黃金劇場) . 歡樂茶飯 . 機智女法醫2	4/1	3:50	香港 國際午間新聞(重播)		4:15	愛心改造家(重播)	
5:30	娛樂新聞報道(重播)		4:15	解風東京2(重播)		4:40	直播靈接觸(重播)	
			4:40	LAW霸女神(重播) 醫美直擊 首爾篇(重播)	3/15	5:05	講清講楚(重播)	
			5:05	冲遊泰國(重播)		5:30	娛樂新聞報道(重播)	
			5:30	娛樂新聞報道(重播)				



TVB SF(Jade) Cable

Program Listing Subject To Change And Final Broadcast Time Shall Prevail  
Or Go To www.tvbusa.com For More Information



2026 March Program Schedule

Issue Date: 2/20/2026  
Revised: 2/24/2026

PDT	Mon - Fri	Date Start	PDT	Saturday	Date Start	PDT	Sunday	Date Start
6:00 AM	Scoop (Repeat)		6:00 AM	Scoop (Repeat)		6:00 AM	Scoop (Repeat)	
6:30	Hong Kong, World News		6:30	Hong Kong, World News				
8:30	Big City Shop					6:30	Hong Kong, World News	
9:15	2026 Feng Shui and Fortune (Repeat)		9:00	Thai Rogered (Sr.11)		9:00	Scam Alert!	
	Game of Scholars (Repeat)	3/3						
	Road Trip Down Under (Repeat)	3/17	9:30	Law And Graces		9:30	Shock Mystery	
	TBD (Repeat)	3/31		Don't Worry Be Pretty - Seoul	3/14			
9:45	Drama (Repeat): . Lo And Behold		10:00	ChatSAT		10:00	Listen To Your Body Family Vacation	3/22
10:15	Mon. Property Today		10:30	Gourmet Express Weekly		10:30	Hipster Tour - Africa	
	Tue. News Treasury		11:00	Hipster Tour - Switzerland		11:00	You Are Not Alone	
	Wed. Property Today		11:30	News Magazine				
	Thur. Property Experts							
	Fri. Property Today		12:00	PM Hong Kong, World News		12:00	PM Hong Kong, World News	
10:45	Entertainment News		12:30	Vital Lifeline		12:30	On The Record	
11:15	Drama : . Pretty Dangerous . TBA	3/30	1:00	The Runner		1:00	The Runner	
12:15	PM Hong Kong, World News		2:00	Tokyo Unlock (Sr.2)		2:00	Sunday Report	
12:45	Drama: . Armed Reaction 2021 . I Bet Your Pardon	3/23	2:30	Law And Graces (Repeat) Don't Worry Be Pretty - Seoul (Repeat)	3/14	2:30	The Sooner The Better	
1:40	Big City Shop		3:00	Thai Rogered (Sr.11) (Repeat)		3:00	Scam Alert! (Repeat)	
2:25	Scoop		3:30	Entertainment News		3:30	Home Lovely Home Hong Kong: Never Too Small	3/15
2:50	Drama: . Yummy, Yummy? Yummy! . The Imperial Coroner 2	3/31	4:00	Hands Up		4:00	Hands Up	
3:45	Sit-com: . Lo And Behold		4:30	Hipster Tour - Switzerland (Repeat)		4:30	Hipster Tour - Africa (Repeat)	
4:15	Hands Up		5:00	ChatSAT (Repeat)		5:00	Shock Mystery (Repeat)	
4:45	Entertainment News (Repeat)		5:30	Vital Lifeline (Repeat)		5:30	Listen To Your Body (Repeat) Family Vacation (Repeat)	3/22
5:15	Game of Scholars	3/2	6:00	News Magazine (Repeat)		6:00	Scam Alert! (Repeat)	
	Road Trip Down Under	3/16	6:30	Gourmet Express Weekly (Repeat)		6:30	Finance Magazine	
	TBD	3/30	7:00	Hong Kong World News Roundup		7:00	Hong Kong World News Roundup	
5:45	INFO / Current Affairs & Information		7:30	Thai Rogered (Sr.11) (Repeat)(3/21 Pre-empted)		7:30	Home Lovely Home (Repeat) Hong Kong: Never Too Small (Repeat)	3/15
6:00	Jade Drama: . Who Wants A Baby? . The Exorcist's Meter	3/13	7:30	Pok Oi Charity Show 2026 (3/21only 7:30pm-9:30pm)		8:00	Sunday Report (Repeat)	
7:00	US-Canada News		8:00	Entertainment News (Repeat)(3/21 Pre-empted)		8:30	Midlife, Sing & Shine!4	
7:30	Sit-com (Repeat) . Lo And Behold		8:30	Music Money Monster (3/21 Pre-empted)		9:30	Health Tick Talk	
8:00	Drama:(Repeat) . Pretty Dangerous . TBA	3/30	9:30	Star Weekly		9:45	Star Weekly	
9:00	Mon. Property Today (Repeat)		10:30	Tokyo Unlock (Sr.2) (Repeat)		10:30	Mystery Files	
	Tue. News Treasury (Repeat)		11:00	Law And Graces (Repeat) Don't Worry Be Pretty - Seoul (Repeat)	3/14	11:30	Scoop	
	Wed. Property Today (Repeat)							
	Thur. Property Experts (Repeat)							
	Fri. Property Today (Repeat)							
9:30	Hong Kong, World News Roundup		11:30	Scoop				
10:00	Gold Drama: . Yummy, Yummy? Yummy! . The Imperial Coroner II	3/31						
11:00	Game of Scholars (Repeat)	3/2						
	Road Trip Down Under (Repeat)	3/16						
	TBD (Repeat)	3/30						
11:30	Scoop (Repeat)							
PDT	Tuesday - Saturday	Date Start	PDT	Sunday	Date Start	PDT	Monday	Date Start
12:00 AM	Hong Kong, World Noon News		12:00 AM	Hong Kong, World Noon News		12:00 AM	Hong Kong, World Noon News	
12:30	Drama (Repeat): . Armed Reaction 2021 . I Bet Your Pardon	3/24	12:30	Vital Lifeline (Repeat)		12:30	Shock Mystery (Repeat) The Sooner The Better (Repeat)	
1:20	US-Canada News (Repeat)		1:00	Star Weekly (Repeat)(3/22 Pre-empted)		1:00	Entertainment News	
1:45	Drama: (Repeat): . Pretty Dangerous . TBA	3/31	1:45	Entertainment News (Repeat)		1:30	Finance Magazine (Repeat)	
2:35	Entertainment News (Repeat)		2:00	News Magazine (Repeat)(3/8 Pre-empted)		2:30	Sunday Report (Repeat)	
3:00	Hong Kong, World Noon News (Repeat)		2:30	Gourmet Express Weekly (Repeat)(3/8 Pre-empted)		3:00	Listen To Your Body (Repeat) Family Vacation (Repeat)	3/23
3:25	Drama(Repeat): . Who Wants A Baby? . The Exorcist's Meter	3/14	3:00	Hipster Tour - Switzerland (Repeat)		3:25	Scam Alert! (Repeat)	
4:15	Sit-com (Repeat) . Lo And Behold		3:25	ChatSAT (Repeat)		3:50	Hong Kong World Noon News (Repeat)	
4:40	Drama(Repeat Gold Drama) . Yummy, Yummy? Yummy! . The Imperial Coroner 2	4/1	3:50	Hong Kong World Noon News(Repeat)		4:15	Home Lovely Home (Repeat)	
5:30	Entertainment News (Repeat)		4:15	Tokyo Unlock (Sr.2) (Repeat)		4:40	You Are Not Alone (Repeat)	
			4:40	Law And Graces (Repeat)		5:05	On The Record (Repeat)	
			5:05	Don't Worry Be Pretty - Seoul (Repeat)	3/15	5:30	Entertainment News (Repeat)	
			5:30	Thai Rogered (Sr.11) (Repeat)				
			5:30	Entertainment News (Repeat)				