



Oct. 3, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON 7, OCT. 6-10

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Oct. 6, 2025. Please note: The lineup is subject to change.

Monday, Oct. 6: Tamron's Tasting Table: Today's Hottest Chefs: For our first tasting table of Season 7, we're talking with the hottest chefs. James Beard Award-winning **CHEF SAMIN NOSRAT** has a new cookbook out, "Good Things: Recipes and Rituals to Share with People You Love: A Cookbook," and she's showing the Tam Fam how to make her golden chicken soup. Then, **CHEF PAUL CARMICHAEL**, whose new Pan-Caribbean restaurant, Kabawa, earned the No. 4 spot on The New York Times' Best Restaurants of NYC list, demos his curry shrimp. Later, **CHEF YARA HERRERA**, co-owner of Hellbender, one of Esquire's Best New Restaurants, makes her tres leches cake.

Tuesday, Oct. 7: (OAD: 9/16/25) Tamron's Birthday Extravaganza: Tamron celebrates her 55th birthday! She kicks things off with 55 incredible giveaways for the audience at home and in-studio. Then, "America's Got Talent" Golden Buzzer winner and viral sensation **CHARITY LOCKHART** gives an **EXCLUSIVE** performance. And, comedian **LISA GILBERT** brings the laughs. Plus, Shop Tam Fam.

Wednesday, Oct. 8: Exclusive: Judge Greg Mathis and Family: For the first time, Emmy® and NAACP Image Award-winning **JUDGE GREG MATHIS** and his family sit down for an **EXCLUSIVE** conversation about their marriage, growth and love. His wife of 40 years, **LINDA REESE MATHIS**, joins the show to talk about how they navigated challenges and came out stronger than ever. Plus, their eldest son, actor **GREG MATHIS JR.**, and his husband, **ELLIOTT COOPER**, open up about the obstacles they've faced as a same-sex couple.

Thursday, Oct. 9: Ripped from the Headlines: Star of "The Secret Lives of Mormon Wives" **MAYCI NEELEY** joins us for a **DAYTIME EXCLUSIVE** surrounding her new memoir "Told You So," which chronicles her challenging upbringing within the Mormon community, an abusive relationship, becoming a young single mother after the death of her son's father and more. Then, world-class Olympic medal-winning gymnast and Guinness World Record holder **FREDERICK RICHARD** stops by for his first daytime interview about how he's taking a stand against the gymnastics establishment and inspiring others. Then, a 27-year-old mother **SANDI MENDOZA** joins us with her newborn daughter and husband to recall the incredible story of how she gave birth in a pickup truck.

Friday, Oct. 10: Walking in Your Purpose: NAACP Image Award-winning actor **MORRIS CHESTNUT** sits down for a **DAYTIME EXCLUSIVE** to chat about the Season 2 premiere of “Watson.” Then, playwright, actor and director **JORDAN E. COOPER** talks about starring in “Freakier Friday” alongside Lindsay Lohan and Jamie Lee Curtis, as well as his new play “Oh Happy Day!” Later, we have **EXCLUSIVE PERFORMANCE** with the cast of “Oh Happy Day!” Plus, a **SURPRISE** guest you won't want to miss!

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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