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Best entertainment bets for Feb. 17-23

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FAMILY / MONKEY MIND PIRATES

Opens Saturday: Z Puppets Rosenschnoz can turn a sea shanty into a Zen moment. Join Minneapolis puppeteers Shari Aronson and Chris Griffith as they bring "the world's only puppet, rock, yoga opera for families" to In the Heart of the Beast. The story follows a sea captain on a quest for calm. During the voyage, Cap'n Fitz confronts doubt, anxiety and distraction, all represented by the unruly Monkey Mind Pirates, who board the ship and wreak havoc until Cap'n Fitz discovers yoga and gains peace. Free face painting during the hour before the show. Through Feb. 26; check website for times; In the Heart of the Beast Puppet and Mask Theatre, 1500 E. Lake St., Mpls.; \$10 adults, \$5 children; 612-721-2535 or hobt.org.

- Maja Beckstrom