NEWS RELEASE

Chartwell First Quarter 2009 Results and Conference Call

2009-04-01

MISSISSAUGA, ONTARIO -- (MARKET WIRE) -- 04/01/09 -- Chartwell Seniors Housing Real Estate Investment Trust (TSX: CSH.UN) will issue its financial results for the three months ended March 31, 2009 on the afternoon of May 14, 2009.

A conference call hosted by Brent Binions, President and Chief Executive Officer, Richard Noonan, Chief Operating Officer, and Vlad Volodarski, Chief Financial Officer, will be held Friday, May 15, 2009 at 10:00 AM ET.

The telephone numbers for the conference call are:

Local: (416) 849-5562

Toll Free: (866) 269-7096

The conference call can also be heard over the Internet. Access the Chartwell REIT web site at **www.chartwellreit.ca**, click on "Investor Relations" and follow the link at the top of the page.

A slide presentation to accompany management's comments during the conference call will be available. To view the slides, access the Chartwell web site at **www.chartwellreit.ca**, click on "Investor Relations" and follow the link at the top of the page. Please log on at least 15 minutes before the call commences.

The telephone numbers to listen to the call after it is completed (Instant Replay) are local (416) 915-1035 or toll-free (866) 245-6755. The Passcode for the Instant Replay is 494566#. The Instant Replay will be available until midnight,

May 22, 2009. The call, along with the companying slides, will also be archived on the Chartwell REIT web site at **www.chartwellreit.ca**.

Chartwell is a real estate investment trust focused on generating sustainable, stable and growing cash distributions from owning and managing a complete range of seniors housing communities. It is the largest participant in the Canadian seniors housing business and the third largest in North America. Chartwell 's aim is to capitalize on the strong demographic trends present in its markets to maximize the value of its existing portfolio of seniors housing facilities, and prudently avail itself of opportunities to grow internally and through accretive acquisitions. Chartwell also has an exclusive option to purchase stabilized communities from Spectrum, a seniors housing development company.

Chartwell's Distribution Reinvestment Plan (DRIP) allows Unitholders to have their monthly cash distributions used to purchase Trust Units without incurring commission or brokerage fees, and receive bonus Units equal to 3% of their monthly cash distributions. More information can be obtained at **www.chartwellreit.ca**.

Contacts:
Chartwell Seniors Housing Real Estate Investment Trust
Brent Binions
President and Chief Executive Officer
(905) 501-4703
(905) 501-4710 (FAX)
Email: bbinions@chartwellreit.ca
Website: www.chartwellreit.ca