NEWS RELEASE

# Chartwell REIT Changes Date And Time Of Fourth Quarter & Year End 2005 Conference Call

2006-02-22

MISSISSAUGA, ONTARIO--(CCNMatthews - Feb. 22, 2006) - Chartwell Seniors Housing Real Estate Investment Trust (TSX:CSH.UN) announced today it will now issue its financial results for the three months and year ended December 31, 2005 during the morning of Tuesday, February 28, 2006.

A conference call hosted by Stephen Suske, Vice Chair and President, Robert Ezer, Chief Executive Officer, Brent Binions, Executive Vice President, and Vlad Volodarski, Chief Financial Officer, will be held Tuesday, February 28, 2006 at 2:00 pm ET.

The telephone numbers for the conference call are:

Local: (416) 641-6125
Toll Free: (866) 862-3915

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.

The telephone numbers to listen to the call after it is completed (Instant Replay) are (416) 695-5800 or (800) 408-3053. The Passcode for the Instant Replay is 3174413#. The Instant Replay will be available until midnight, March 6, 2006. The call will also be archived on the Chartwell REIT web site at **www.chartwellreit.ca**.

Chartwell REIT is a growth-oriented investment trust owning and managing a complete spectrum of seniors housing properties. It is currently the second largest participant in the Canadian seniors housing business with a growing presence in the United States. Chartwell will capitalize on the strong demographic trends present in its markets to grow internally and through accretive acquisitions. Chartwell REIT also has an exclusive option to purchase stabilized facilities from Spectrum Seniors Housing Development LP, 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**

FOR FURTHER INFORMATION PLEASE CONTACT:
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Source: Chartwell Seniors Housing REIT