NEWS RELEASE

Chartwell REIT First Quarter 2006 Results & Conference Call

2006-04-18

MISSISSAUGA, ONTARIO--(CCNMatthews - April 18, 2006) - Chartwell Seniors Housing Real Estate Investment Trust (TSX:CSH.UN) will issue its financial results for the three months ended March 31, 2006 during the afternoon of Wednesday, May 10, 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 Thursday, May 11, 2006 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.

The telephone numbers to listen to the call after it is completed (Instant Replay) are local (402) 220-7732 or toll-free (800) 766-2843. The Passcode for the Instant Replay is 8140903#. The Instant Replay will be available until midnight, May 17, 2006. The call will also be archived on the Chartwell REIT web site at **www.chartwellreit.ca**.

2005 Annual General Meeting:

Chartwell's 2005 Annual Unitholders' Meeting will be held on Wednesday, May 24, 2006 at 4.30 pm in the Ontario Club, Commerce Court South, 5th Floor, 30 Wellington Street West, Toronto, Ontario.

Chartwell REIT is a growth-oriented investment trust owning and managing a complete spectrum of seniors housing properties in selected centres across Canada. Focused solely on the Canadian marketplace, Chartwell REIT is currently the second largest participant in the Canadian seniors housing business. Chartwell REIT 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, Canada's largest and fastest growing 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