

Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001640680

Filer CCC XXXXXXXX

Is this a LIVE or TEST Filing? ☒ LIVE ☐ TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer VERIS RESIDENTIAL, INC.

SEC File Number 001-13274

Address of Issuer Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NEW JERSEY
07311

Phone (732) 590-1010

Name of Person for Whose Account the Securities are To Be Sold MIRELF VII US SECURITIES LLC

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer 10% Stockholder

144: Securities Information

Title of the Class of Securities To Be Sold Common

Name and Address of the Broker Morgan Stanley Smith Barney LLC Executive Financial Services
1 New York Plaza
8th Floor
New York
NY
10004

Number of Shares or Other Units To Be Sold 85920

Aggregate Market Value 1384970.26

Number of Shares or Other Units Outstanding 93421769

Approximate Date of Sale 09/09/2025

Name the Securities Exchange NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	07/24/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	6582
Date of Payment	07/26/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	08/14/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	1635
Date of Payment	08/16/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	08/02/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	710
Date of Payment	08/06/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/18/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	312
Date of Payment	05/22/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	08/13/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	17420
Date of Payment	08/15/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	07/23/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	7575
Date of Payment	07/25/2018

Nature of Payment

Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

08/09/2018

Nature of Acquisition Transaction

Open Market Purchase

Name of Person from Whom Acquired

Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

1695

Date of Payment

08/13/2018

Nature of Payment

Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

07/18/2018

Nature of Acquisition Transaction

Open Market Purchase

Name of Person from Whom Acquired

Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

289

Date of Payment

07/20/2018

Nature of Payment

Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

08/03/2018

Nature of Acquisition Transaction

Open Market Purchase

Name of Person from Whom Acquired

Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

192

Date of Payment	08/07/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	07/25/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?	☐ Date Donor Acquired	
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Amount of Securities Acquired	9190
Date of Payment	07/27/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/21/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?	☐ Date Donor Acquired	
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Amount of Securities Acquired	5569
Date of Payment	05/23/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/21/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?	☐ Date Donor Acquired	
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Amount of Securities Acquired	1429
Date of Payment	05/23/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	10/10/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	9454
Date of Payment	10/12/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/17/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	67
Date of Payment	05/21/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	10/11/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?	☐ Date Donor Acquired	
Amount of Securities Acquired	20375	
Date of Payment	10/15/2018	
Nature of Payment	Cash	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	08/08/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market

Is this a Gift?	☐ Date Donor Acquired	
Amount of Securities Acquired	3426	
Date of Payment	08/10/2018	
Nature of Payment	Cash	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report ☒

144: Remarks and Signature

Remarks	
Date of Notice	09/09/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Seth Matthew Goldstein
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)