

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	Former Affiliate
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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	106897
Aggregate Market Value	1706531.26
Number of Shares or Other Units Outstanding	93421769
Approximate Date of Sale	09/12/2025
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	11/05/2018
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	3752
Date of Payment	11/07/2018
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	11/20/2018
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	25052
Date of Payment	11/22/2018
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	11/15/2018
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	46123
Date of Payment	11/19/2018
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	11/16/2018
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	29203
Date of Payment	11/20/2018
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	11/19/2018
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	2767
Date of Payment	11/21/2018
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.

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

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/11/2025
Amount of Securities Sold	114560

Gross Proceeds	1840956.29
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144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/11/2025
Amount of Securities Sold	85440
Gross Proceeds	1373003.71

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/10/2025
Amount of Securities Sold	85920
Gross Proceeds	1378491.89

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/10/2025
Amount of Securities Sold	64080
Gross Proceeds	1028093.11

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/09/2025
Amount of Securities Sold	64080
Gross Proceeds	1032924.74

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/09/2025
Amount of Securities Sold	85920
Gross Proceeds	1384970.29

144: Remarks and Signature

Remarks	
Date of Notice	09/12/2025

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)