

Form 144 Filer Information

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

FORM 144/A

Form 144

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

144/A: Filer Information

Filer CIK	0001640680
Filer CCC	XXXXXXXX
Previous Accession Number Of The Filing	0001950047-25-007707
Is this a LIVE or TEST Filing?	☒ LIVE ☐ TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144/A: 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 VI REIT INVESTMENT II, 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/A: 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	10204
Aggregate Market Value	153468.16
Number of Shares or Other Units Outstanding	93421769
Approximate Date of Sale	10/02/2025

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/A: Securities To Be Sold

Title of the Class

Common

Date you Acquired

07/27/2018

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

10204

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.

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/A: 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

10/01/2025

Amount of Securities Sold

32040

Gross Proceeds

482890.86

144/A: 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

10/01/2025

Amount of Securities Sold

42960

Gross Proceeds

647471.64

144/A: 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	09/18/2025
Amount of Securities Sold	41018
Gross Proceeds	634413.10

144/A: 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	09/18/2025
Amount of Securities Sold	30592
Gross Proceeds	473157.29

144/A: 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	09/17/2025
Amount of Securities Sold	14989
Gross Proceeds	232632.28

144/A: 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	09/17/2025
Amount of Securities Sold	20097
Gross Proceeds	311909.46

144/A: 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	09/16/2025
Amount of Securities Sold	40355
Gross Proceeds	622601.54

144/A: 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	09/16/2025
Amount of Securities Sold	54108
Gross Proceeds	834784.42

144/A: 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	09/15/2025
Amount of Securities Sold	26600
Gross Proceeds	416276.70

144/A: 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	09/15/2025
Amount of Securities Sold	19838
Gross Proceeds	310454.78

144/A: 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	09/12/2025
Amount of Securities Sold	79724
Gross Proceeds	1272734.52

144/A: 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	09/12/2025
Amount of Securities Sold	106897
Gross Proceeds	1706531.26

144/A: 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/A: 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

144/A: 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/A: 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/A: 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/A: 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/A: Remarks and Signature

Remarks	Amendment to Form 144 filed on 10/02/2025 to correct the acquisition details under 144: Securities To Be Sold.
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Date of Notice

10/08/2025

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

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)