FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| (Print or Ty | pe Response | s) | | | | | | | | | | | | | | | | |
|--|---|--|--|---|------------------|----------------------|---|-------|--|----------------|--|-------------------------------|---|--|------------|--|---|-------------|
| 1. Name and Address of Reporting Person * Stern Howard Steven | | | | 2. Issuer Name and Ticker or Trading Symbol MACK CALI REALTY CORP [CLI] | | | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner | | | | | | | |
| (Last) (First) (Middle) C/O MACK-CALI REALTY CORPORATION, HARBORSIDE 3, 210 HUDSON ST., STE. 400 | | | | 3. Date of Earliest Transaction (Month/Day/Year) 07/01/2020 | | | | | | - | Officer | r (give title belo | w) | Other (specify | below) | | | |
| JERSEY CITY, NJ 07311 | | | | 4. If Amendment, Date Original Filed(Month/Day/Year) | | | | | | | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person | | | | | | | |
| (City) (State) (Zip) | | | | Table I - Non-Derivative Securities Acqu | | | | | | quir | ired, Disposed of, or Beneficially Owned | | | | | | | |
| 1.Title of Security (Instr. 3) | | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year | | ĺ | f Code (Instr. 8) | | | 4. Securities Acqu (A) or Disposed o (Instr. 3, 4 and 5) | | of (E | f(D) Beneficia | | nt of Securities ally Owned Following Transaction(s) and 4) | | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| Common Stock 07/01/2020 | | | | | A ⁽¹⁾ | | | 5,886 | A | \$ 0 (1) | 5 | 5,886 | | | D | | | |
| | | | r each class of secur Table II - | Derivati | ve Seci | uritie | es Ac | quire | Perseconta conta the fe | ons whained in | no responding this formal splays and the splays are spla | orm a curi | are irent | not requ tly valid | | ormation spond unle rol numbe | ss | 1474 (9-02) |
| 1. Title of | l _a | 3. Transaction | | <i>e.g.</i> , put | s, calls | | | s, op | | | tible secu | | | le and | Q Duina of | 9. Number o | of 10. | 11. Natur |
| | Conversion or Exercise Price of Derivative Security | Date (Month/Day | Execution Da any | | | ion No G | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | A U Se | mou Indei ecur nstr. | ne and second with the second | | | Owners Form of Derivat Security Direct (or Indir | hip of Indirect Beneficia Ownershi (Instr. 4) D) ect | |
| | | | | | Code | V | (A) | (D) | Date Exer | | Expiration Date | on Ti | itle | Amount or Number of Shares | | | | |

Reporting Owners

| | Relationships | | | | | |
|--|---------------|--------------|---------|-------|--|--|
| Reporting Owner Name / Address | Director | 10% Owner | Officer | Other | | |
| Stern Howard Steven C/O MACK-CALI REALTY CORPORATION HARBORSIDE 3, 210 HUDSON ST., STE. 400 JERSEY CITY, NJ 07311 | X | | | | | |

Signatures

| /s/ Howard S. Stern | 07/06/2020 | | | |
|---------------------------------|------------|--|--|--|
| **Signature of Reporting Person | Date | | | |

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) On July 1, 2020, the reporting person was granted 5,886 restricted shares of common stock pursuant to the 2013 Incentive Stock Plan of Mack-Cali Realty Corporation. The shares shall vest on the earlier to occur of (a) July 1, 2021, or (b) the date of the 2021 annual meeting of stockholders of Mack-Cali Realty Corporation.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.