FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPROVAL | | | | | | |
|--------------------------|-----------|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | |
| Estimated average burden | | | | | | |
| hours per response: | 0.5 | | | | | |

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

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

| Name and Address of Reporting Person* KATZ A. AKIVA | | | | | 2. Issuer Name and Ticker or Trading Symbol Veris Residential, Inc. [VRE] | | | | | | | | Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Ov. | | | | |
|--|---|------------|-------------------------------------|---------------------------------|---|---|--|----------------------------------|-----------------|--|---|---|---|---|--|--|---|
| (Last) | (Fir | - 7 | (Middle) | | 3. Date of Earliest Transaction (Month/Day/Year) 10/03/2022 | | | | | | | | Officer (gi below) | ve title | | Other (s below) | pecify |
| C/O BOW STREET LLC 595 MADISON AVENUE, 29TH FLOOR | | | | 4 | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | 6. Indiv | | | | | | |
| (Street) NEW YOR | K NY | 7 | 10022 | | | | | | | | | | Form filed | d by More t | han Or | ne Reportinç | g Person |
| (City) | (Sta | ate) | (Zip) | | | | | | | | | | | | | | |
| | | | Table I - Non | -Deriva | tive | Securities | s Acc | uired, Di | sposed | of, or | Benefi | cially Ow | ned | | | | |
| Date | | | | 2. Transac Date (Month/Da | | 2A. Deemed Execution Date, if any (Month/Day/Year) | | Transaction Dispose Code (Instr. | | | rities Acquired (A) or ed Of (D) (Instr. 3, 4 and 5) | | 5. Amount Securities Beneficially Following F | ly Owned or Inc Reported (Instr on(s) | | Direct (D) rect (I) 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | | | | | | | | Code | Amou | Amount (A) or (D) | | Price | Transaction (Instr. 3 and | | | | |
| Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | |
| 1. Title of Derivative Security (Instr. 3) | erivative Conversion Date Execution Date, or Exercise (Month/Day/Year) if any | | Transaction Code (Instr.) 8) | | 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) | | Seci Deri | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported | | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| | | | | Code | v | (A) | (D) | Date Exercisable | Expiration Date | n Title | | Amount or Number of Shares | | Transaction(s) | |) | |
| Phantom Stock Units | \$0 ⁽¹⁾ | 10/03/2022 | | A | | 1,965.066 ⁽²⁾ | | (3) | (3) | \$0. | mmon tock, 01 par | 1,965.066 | \$11.45 | 4,913.9: | 53 | D | |

Explanation of Responses:

- 1. The phantom stock units convert to common stock on a one-for-one basis.
- 2. The number of phantom stock units awarded is comprised of a quarterly director's fee earned under the Veris Residential, Inc. Deferred Compensation Plan for Directors.
- 3. The phantom stock units were accrued under the Veris Residential, Inc. Deferred Compensation Plan for Directors and are to be settled 100% in Veris Residential, Inc. common stock upon the termination of the reporting person's service on the Board of Directors of Veris Residential, Inc. or upon a change in control of Veris Residential, Inc.

/s/ A. Akiva Katz

10/05/2022

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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).

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

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