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LANDY EU Form 4	JGENE W										
January 18,	2018										
FORM	$\mathbf{\Lambda} 4_{\text{UNITED}}$	STATES	SECU	RITIFS	AND F	ксн	ANGE	COMMISSIO	N .T		APPROVAL
		SIAILS		ashingtoi				COMMISSIO	0	B nber:	3235-0287
Check t if no lou subject Section Form 4	to STATEN 16.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES							F Esti buro	Expires: January 31 200 Estimated average burden hours per response 0.	
Form 5 obligati may con <i>See</i> Inst 1(b).	ons ntinue. Section 170	(a) of the P	ublic U		olding Co	ompa	ny Act o	ge Act of 1934 of 1935 or Sect 940			
(Print or Type	Responses)										
	Address of Reporting UGENE W		Symbol	er Name ar MOUTH			c	5. Relationship Issuer	of Repor	ting Pe	rson(s) to
				STMENT				(Ch	eck all aj	pplicab	le)
(Last) 3499 RT. 9	(First) (NORTH, SUITE			of Earliest ' Day/Year) 2018	Transactio	n		X Director X Officer (g below) Cha		Ot elow)	% Owner her (specify ard
EDEELIOI	(Street)			nendment, I onth/Day/Ye	-	nal		6. Individual or Applicable Line) _X_ Form filed b Form filed by	y One Rep	porting I	Person
	.D, NJ 07728							Person			r c
(City)	(State)	(Zip)	Tał	ble I - Non	-Derivativ	e Seci	urities Ac	equired, Disposed	of, or B	eneficia	ally Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemec Execution E any (Month/Day	Date, if	3. Transactio Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Owners Form: Direct (or Indir (I) (Instr. 4	ship D) (rect (7. Nature of Indirect Beneficial Ownership (Instr. 4)
MAID				Code V	Amount		Price	(Instr. 3 and 4)			
MNR Common Stock	01/16/2018			А	71 <u>(1)</u>	А	\$ 17.05	851,690.668	D		
MNR Common Stock								179,405	Ι] (]	Eugene W. Landy and Gloria Landy Family Foundation
MNR Common Stock								37,380.619	Ι		Juniper Plaza Associates

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MNR Common Stock						29,527.275	Ι	Windsor Industria Park Associate	1
MNR Common Stock						97,913.57	I	Spouse	
MNR Common Stock						192,293.62	Ι	Landy & Landy Employe Pension	es'
MNR Common Stock						13,048	Ι	Landy Investme Ltd.	ents,
MNR Common Stock						225,426.81	9 I	Landy & Landy Employe Profit Sharing l	es'
Reminder: R	eport on a sep	arate line for each clas	ss of securities benefic	Person informa require	s who res ation cont d to respo s a currer	or indirectly. pond to the c ained in this f ond unless the ntly valid OME	orm are not e form	SEC 1474 (9-02)	
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)								
1. Title of Derivative	2.	3. Transaction Date	34 Deemed						
Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)		4. Transactio Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e	7. Title and A Underlying S (Instr. 3 and	Securities
Security	or Exercise Price of Derivative		Execution Date, if any	Transactic Code (Instr. 8)	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	Expiration Date (Month/Day/Y	e	Underlying S	Securities

8. P Deri Secu

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Qualified Stock Option to Purchase MNR Common Stock	\$ 15.04	01/04/2018	01/04/2025	MNR Common Stock	65,000
Qualified Stock Option to Purchase MNR Common Stock	\$ 10.37	01/05/2017	01/05/2024	MNR Common Stock	65,000
Qualified Stock Option to Purchase MNR Common Stock	\$ 11.16	01/05/2016	01/05/2023	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.94	01/03/2015	01/03/2022	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 10.46	01/03/2014	01/03/2021	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 9.33	01/03/2013	01/03/2020	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.72	01/03/2012	01/03/2019	MNR Common Stock	65,000

Reporting Owners

Reporting Owner Name / Addr	ess	Relationships						
	Director	10% Owner	Officer	Other				
LANDY EUGENE W 3499 RT. 9 NORTH SUITE 3D FREEHOLD, NJ 07728	х		Chairman of the Board					
Signatures								
Eugene W. Landy	01/18/2018							
<u>**Signature of</u>	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) Stock Award for Directors.

Reporting Person

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.