| SEC Form 4 | |
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| Check this box if no longer subject to |
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| 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

| OMB APPROVAL | | | | | | | | | | |
|---------------------|-----------|--|--|--|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | | | | |
| Estimated average b | urdon | | | | | | | | | |

Estimated average burden hours per response: 0.5

| 1. Name and Address of Reporting Person [*] Haines Michael B. | | | 2. Issuer Name and Ticker or Trading Symbol <u>RETAIL OPPORTUNITY INVESTMENTS</u> <u>CORP</u> [ROIC] | (Check | tionship of Reporting Persor all applicable) Director Officer (circe title | n(s) to Issuer 10% Owner Other (specify | |
|---|--|-----------|--|--|---|---|--|
| CORP. 11250 EL CAMINO REAL, SUITE 200 | | VESTMENTS | 3. Date of Earliest Transaction (Month/Day/Year) 11/15/2019 | X EVP | Officer (give title below) P CFO, TREASURER & | below) | |
| | | 92130 | 4. If Amendment, Date of Original Filed (Month/Day/Year) | 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | |

Table I - Non-Derivative Securities Acquired, 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) | | | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|--|---|------|---|---|---------------|---------|---|---|---|
| | | | Code | v | Amount | (A) or (D) | Price | Transaction(s) (Instr. 3 and 4) | | (1150.4) |
| Common Stock, par value \$0.0001 per share | 11/15/2019 | | S | | 10,000 | D | \$18.3 | 186,997 | Ι | See footnote ⁽¹⁾ |
| Common Stock, par value \$0.0001 per share | 11/18/2019 | | М | | 15,000 | A | \$12.41 | 201,997 | I | See footnote ⁽¹⁾ |

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) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transa Code (8) | | of | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 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 Transaction(s) (Instr. 4) | 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 | Title | Amount or Number of Shares | | | | |
| Common Stock, par value \$0.0001 per share | \$12.41 | 11/18/2019 | | М | | 15,000 | | (2) | 11/25/2022 | Common Stock, par value \$0.0001 per share | 15,000 | \$0 | 0 | D | |

Explanation of Responses:

1. These shares are held by the Michael B. Haines Trust dated August 19, 2004 of which Michael B. Haines is a Trustee.

2. The option, representing a right to purchase a total of 25,000 shares, became exercisable in three equal installments beginning on November 25, 2013, which was the first anniversary of the date on which the option was granted.

Remarks:

/s/Michael B. Haines

** Signature of Reporting Person

11/19/2019

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.