Recently, while teaching a course in number theory for practicing secondary mathematics teachers, I introduced the topic of polygonal numbers and centered polygonal numbers. While doing so a question came to mind: which numbers are both $k$-polygonal and $k$-centered polygonal? To my surprise, I could not find the answer to this question anywhere. In this session I will present a complete classification of the numbers that are simultaneously $k$-polygonal and $k$-centered polygonal and, as a consequence, share an infinite family of previously unknown integer sequences. (Received August 29 , 2007)

