Szabolcs Tengely Finding g-gonal numbers in recurrence sequences, Fibonacci Quart. **46/47** (2008/2009), no. 3, 235–240.

Abstract

In this note we find all g-gonal numbers in the Fibonacci, Lucas, Pell and Associated Pell sequences for $g \in \{6, 8, 9, 10, \dots, 20\}$.