In a town every two residents who are not friends have a friend in common, and no one is a friend of everyone else. Let us number the residents from 1 to n and let a_i be the number of friends of the i-th resident. Suppose that $\sum_{i=1}^{n} a_i^2 = n^2 - n$. Let k be the smallest number of residents (at least three) who can be seated at a round table in such a way that any two neighbors are friends. Determine all possible values of k.