Dear [Friend's Name], Hey there! I hope this note finds you in good spirits. I just wanted to drop you a quick message to catch up and see how everything's going. Things on my end have been pretty chill. I've been [mention something recent or interesting you've been up to], and it's been a lot of fun. I was thinking about our last hangout and how much I enjoyed it--let's definitely plan something again soon! Anyway, I just wanted to say hi and see if you're free to chat or grab coffee sometime. Let me know your schedule! Take care, [Your Name]