Subject: Hey Qwerty!
Hey there Qwerty,

Hope you're doing awesome! I just wanted to drop you a quick note to see how everything's going on your end. It's been a while since we last caught up, and I miss our chats!

Things have been pretty good here. Just the usual hustle and bustle. I recently started [insert hobby or activity] and it's been a blast! Are you still into [insert Qwerty's hobby or interest]?

Let's catch up soon! Maybe we can grab coffee or a bite to eat? Let me know what your schedule looks like.

Take care and talk soon!

Best,

[Your Name]