[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]
Dear Zhou,

I hope this letter finds you in great spirits! It's been a while since we last caught up, and I've been thinking about all the fun times we had together.

I wanted to share some updates about my life. [Insert personal updates, e.g., "I recently started a new job," or "I took a trip to the mountains last month."] How have you been? Any exciting news on your end? I miss our long talks over coffee and exploring new places together. We should plan a get-together soon--maybe a weekend trip or just a dinner at our favorite restaurant?

Looking forward to hearing from you! Warm regards,
[Your Name]