Hey [Friend's Name]!

I hope this message finds you well. I've been thinking that it's been too long since we had a fun day out together!

How about we plan a recreational day this Saturday? We could start with breakfast at [Breakfast Place] around [Time], then head over to [Activity or Location] for some [Activity, e.g., hiking, bowling, etc.]. After that, we can grab lunch at [Lunch Place].

Let me know if you're free and if the above plan works for you. I can't wait to catch up and have some fun!

Best,

[Your Name]