Dear [Friend's Name],

I hope this message finds you well! It's been far too long since we last connected, and I've been reminiscing about the wonderful times we shared as families.

I would love to catch up and see how life has been treating you. It would be great to hear all about your adventures and share some stories from my end as well.

Would you be available for coffee or a meal sometime soon? Let me know what works for you, and we can make arrangements.

Looking forward to reconnecting!

Warm regards,

[Your Name]

[Your Contact Information]